



FIGHTING BACK

SOME REAL-LIFE SUPERHEROES, LIKE SEATTLE'S PURPLE REIGN, WERE ONCE VICTIMS THEMSELVES. FIND OUT WHAT MOTIVATES THEM TO HELP OTHERS

PAGES 14-15

HALIFAX

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Wednesday, April 25, 2012



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101.3 BOUNCE



MOOSE SCORE BIG WIN IN RIMOUSKI

Halifax Mooseheads players Nathan MacKinnon, Brendan Duke and Jonathan Drouin celebrate Duke's first-period goal against the Rimouski Oceanic during Tuesday night's QMJHL playoff game at the Colisée Rimouski. The Mooseheads won, 4-3, and now trail the Oceanic 2-1 in the series. Story, page 34.

RYAN TAPLIN/METRO

No strike, no deal

Labour. Union extends deadline by one day for when they could walk; negotiations to continue Wednesday

Quoted

"My focus is on having the mediator do his job, have the parties at the table to negotiate a settlement."

Maureen MacDonald, health minister



ALEX BOUTILIER

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The union representing 3,600 health-care workers in the Halifax region has temporarily postponed their strike plans.

But if no deal can be reached Wednesday, those workers will hit the picket lines at 7 a.m. tomorrow.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, told reporters Tuesday night the delay was to calm negotiations down.

"We've made the decision that we're not going to, at midnight (Tuesday night) ... call people that are at work, call people that are in bed and tell them there's a strike," Jessome said.

"It's not about blinking," it's about being professional.

Jessome said the main issue remains wages. The union is asking for a 5.2 per

cent raise in the first year, while Capital Health wants a three per cent raise over three years. The union's demand is similar to a recent arbitrated settlement for nurses, while the employer's offer is consistent with the model imposed by the provincial government over the last three years.

Jessome said she's not confident that another day of bargaining will resolve the matter.

"At this point, no," she said. "There's different positions on the table now. But closer (to a deal)? I'm not sure I can say that."

The issue led debate Tuesday at Province House, with the opposition demanding the governing NDP take action. But Health Minister Maureen MacDonald says she wants the two sides to work out a deal at the negotiating table.

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Arrest made

Officer hurt while serving warrant

An RCMP officer was injured Tuesday after trying to arrest a person wanted on an outstanding warrant.

Halifax RCMP say the officer pulled a vehicle over on Maple Grove Avenue in Timberlea just after 12:30 p.m.

"Police met the vehicle with two occupants and recognized that one of the occupants had an outstanding warrant for his arrest," police spokeswoman Const. Tammy Lobb said. "While (the officer was) executing the warrant, the suspect drove off, injuring the RCMP officer."

Police won't say anything specific about the injuries the officer received, other than they weren't life-threatening. The male officer was taken to hospital for treatment.

A short time later, police say they located the suspect's vehicle — a grey Crown Victoria — on Prospect Road. After a short pursuit on foot, a 34-year-old Halifax man was taken into custody.

Police say the other person in the car wasn't arrested.

PHILIP CROUCHER/METRO

Plea for tips

Police looking for robbery suspect

Halifax police are asking for the public's help in identifying a man they say robbed and assaulted a woman in a Halifax apartment building this month.

At about 11 p.m. on April 12, police say the 45-year-old victim was assaulted in an elevator of a building in the 5500 block of Fenwick Street, then had her purse stolen.

On Tuesday, police released an image of the suspect in the hope someone may recognize him.

He is described as between 25 and 30 years old, with a medium build and dark hair. When the assault happened, police say he was wearing a blue hoodie, jeans, dark shoes and glasses. METRO



Police are seeking this man for questioning in an assault and robbery on Fenwick Street.

CONTRIBUTED/HALIFAX POLICE



Ashiqur Rahman arrives at Nova Scotia Supreme Court in Halifax on Monday for closing arguments in his manslaughter trial in Halifax. He has pleaded not guilty to manslaughter and aggravated-assault charges in the 2009 death of his daughter Aurora Breakthrough. ANDREW VAUGHAN/THE CANADIAN PRESS

Victim was 'shattered on the inside': Crown

Baby-death case.

Closing arguments expected to wrap up on Wednesday

Medical evidence definitively shows that a seven-week-old girl who died in July 2009 suffered brain injuries and broken bones at the hands of an adult, a Crown attorney argued Tuesday.

Mark Heerema delivered closing submissions at the Nova Scotia Supreme Court trial of Ashiqur Rahman, who has pleaded not guilty to manslaughter and aggravated assault in the death of his daughter Aurora Breakthrough.

The girl's mother, Jane Gomes, has testified that Rahman shook and slapped the baby, allegations the 26-year-old Halifax man has denied.

Heerema told Judge Felix



Jane Gomes and supporters attend court on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

Cacchione that Aurora had 30 rib injuries, only three of which could have been injured through the administration of cardiopulmonary resuscitation.

"Aurora was in many ways shattered on the inside," he said.

The defence has argued that the rib injuries could

have been caused by a parent accidentally rolling over the infant while sleeping with the child.

But Heerema said experts agreed the injuries at the back of the rib cage could only have been caused by a person holding and squeezing the baby forcefully.

Heerema said Aurora had no signs of illness when she was born, but when she arrived at a Halifax hospital on July 23, 2009, less than two months later, intensive-care doctors immediately suspected abuse.

Tests found that Aurora had broken bones and joints that were severely twisted, and doctors believed she also had severe brain trauma, Heerema said. Pathologists later found two instances where Aurora's brain was traumatized by some form of shaking or impact, he added.

Rahman sat quietly dur-

ing the Crown's closing arguments. Gomes was also in the courtroom, sitting with a group of supporters.

Gomes pleaded guilty last year to a charge of failing to provide the necessities of life and received a conditional discharge with six months of probation. She agreed to testify at Rahman's trial as part of an agreement with the Crown.

At one point, the judge asked Heerema why pathologists didn't find other signs of violent shaking, such as hyper-extension of Aurora's neck.

Heerema said the evidence shows some form of trauma, but it's impossible to exactly define how it came about. Still, he said the trauma Aurora suffered was excessive.

"All of this exceeds normal handling," Heerema said. "All of this you would not expect to find with normal baby care." THE CANADIAN PRESS

Assault. Man spritzed after confronting littering teens

A warning over littering has resulted in a man being sprayed with an irritant.

Halifax Regional Police say a 37-year-old man approached a group of teenagers in the 1400 block of the Bedford Highway just after 8 p.m. on Monday and chastised them about littering.

"That started a verbal confrontation which resulted in him being eventually sprayed

Spray attack

"It is concerning that anyone, but especially young people, are carrying weapons of this magnitude."

Const. Brian Palmeter, Halifax Regional Police spokesman

with some kind of sensory irritant," police spokesman Const. Brian Palmeter said.

While the irritant does not cause long-term health

effects, it takes time for it to leave a victim's system, Palmeter said.

"Your initial (effect) is probably half an hour to an

hour, but you're going to have residual effects for a while."

The irritant is a prohibited weapon and the teens could face serious charges, he said.

Police are trying to identify the three teens — one girl and two boys — from video surveillance from nearby businesses. They were between the ages of 14 and 16, he said.

JENNIFER TAPLIN/METRO



NEWS

On the web

Ruff life in rehab

Four-legged victims of disasters, dogfighting operations and puppy mills are getting a second chance. The American SPCA has set up a rehab centre for rescued furry friends. Watch at metronews.ca

A hole lot of trouble

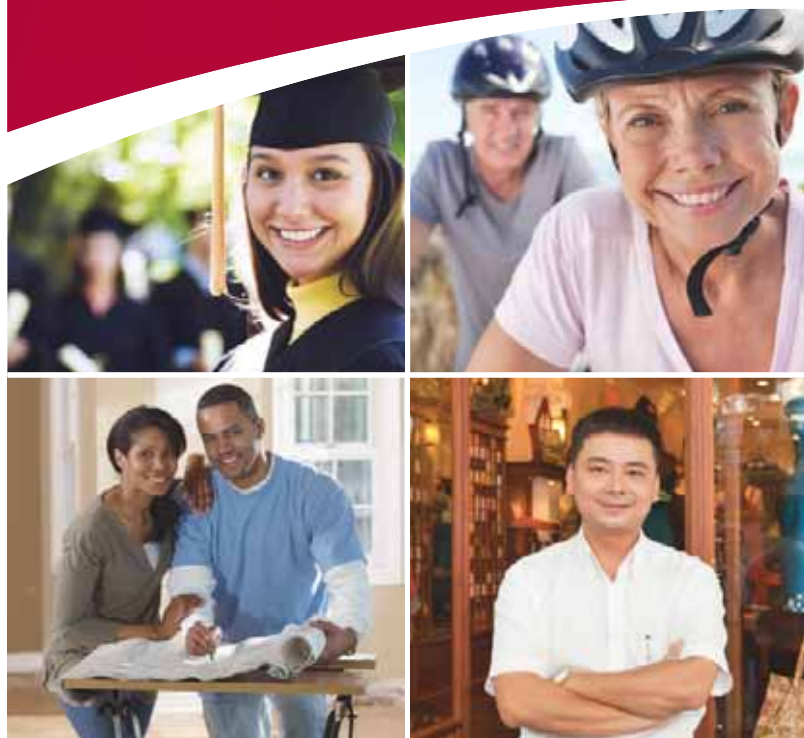
A young girl plunged about seven metres after a hole opened up beneath her feet as she walked on the sidewalk. The shocking footage was captured on a security camera in China's Shaanxi Province. Watch at metronews.ca

Mobile news



Two men have been arrested after a dangerous booby trap was found on a Utah hiking trail. A 20-pound spiked boulder was rigged, with trip wire, to swing at head level. Scan the code for the story.

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A passenger looks out the window of a Metro Transit ferry. RYAN TAPLIN/METRO

Council to review proposed ferry cuts

Second look. Coun. McCluskey calls proposed service reductions anti-business and short-sighted



JENNIFER TAPLIN
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HRM will take a second look at reducing ferry service.

Dartmouth Centre Coun. Gloria McCluskey added the issue to Tuesday's Halifax regional council meeting.

She said the ferry reductions in the Metro Transit service report were missed by several councillors when they were passed as part of budget discussions weeks ago.

"I think (the cuts are)

very short-sighted and would affect the property values in Halifax and Dartmouth, and it would affect businesses," McCluskey said.

The proposed changes were set to take effect May 21.

It was planned to reduce ferry service from Halifax to Dartmouth by an hour on weekdays and Saturdays, with the last trip leaving at 10:30 p.m.

On Sundays, the ferry wasn't scheduled to start until 11:30 a.m.

Woodside's last morning trip leaving at 9:37 a.m. was to be cut and then reinstated after construction of a new conventional ferry.

Both routes failed to meet Metro Transit's service standards of 390 passengers an hour at peak time.

McCluskey said reducing

Big savings

\$423,700

The amount the reduction in ferry service would save Metro Transit per year.

the ferry service goes against the municipality's push to get more people living downtown.

She asked for a staff report looking at re-establishing the service, especially the evening routes.

She wants them back even it means a five-cent increase to fares.

"It's telling people to go buy a car," Downtown Coun. Dawn Sloane in support of McCluskey's motion.

The matter was referred back to the transportation committee for further discussion.

Tip Top building

Air your views on demolition

A Barrington Street building facing demolition will have its day in the public spotlight.

Halifax regional council voted Tuesday to put it to a hearing on May 22.

The heritage advisory committee says the old Tip Top Tailors building at 1592 Barrington St. should be demolished.

Lydon Lynch Architects hopes to build a 22-metre-tall mixed-use building on the site.

The owner of the adjacent Tramway Building is appealing.

METRO

Roadside ban? City staff study election-sign law

It could be pretty sparse on roadsides come election time if some councillors get their way.

Coun. Russell Walker asked for a staff report Tuesday on amending HRM's sign bylaw to exclude election placards on public land for municipal, provincial and federal elections.

Election signs would still be posted on private land.

Coun. Tim Outhit suggested election signs aren't needed at all and eliminating them would be environmentally friendly.

Coun. David Hendsbee asked staff to look into the

option of requiring candidates to give a deposit to put up signs and fine them if signs are left up after the election.

But Coun. Jim Smith said political rookies depend on signage.

"It would be detrimental to new people getting into politics," he said.

Smith suggested staff look at having designated areas for candidates to post signs and limit the number.

HRM residents will head to the polls for municipal and school board elections on Oct. 20.

JENNIFER TAPLIN/METRO

Halifax, Bee ready for some laughs

Samantha Bee. Star of *The Daily Show* with Jon Stewart is the host for Halifax ComedyFest's opening-night gala



PHILIP CROUCHER
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It's hard to imagine Samantha Bee not excelling at any form of comedy.

The popular Canadian comedian and star correspondent of the hit TV show *The Daily Show* with Jon Stewart possesses a natural ability to make anyone laugh with her jokes and deadpan facial expressions.

But the native of Toronto says when it comes to stand-up, it's a non-starter.

"I don't do it — ever," she says in a recent phone interview. "I don't do it all."

Bee then quickly points out her role for tonight's Halifax ComedyFest Opening Gala at the Schooner Room at Casino Nova Scotia is as special guest host only.

"More hostessing," Bee

ComedyFest 2012

This year's Halifax ComedyFest runs tonight through Saturday, with a total of 13 shows at various venues in the city.

- **Some other featured comedians** coming to town include Gerry Dee, Steve Patterson, Greg Proops, Derek Edwards and Alonzo Bodden.

- **For ticket information and the event schedule,** visit halifaxcomedyfest.ca.

says, knowing of course she will be out to garner a laugh or two herself from the crowd.

"I don't have the discipline or the ability to have late nights," she adds. "I love stand-up so much. I respect it so much. I adore it. I absolutely adore it, but I don't personally do it."

Still, even just having Bee on stage as "host" is the latest coup for this popular festival, which continues to draw top-notch comedy talent year in and year out.

A regular on *The Daily*



Correspondent Samantha Bee of Comedy Central's *The Daily Show* with Jon Stewart.

ETHAN MILLER/GETTY IMAGES FOR COMEDY CENTRAL

Show for close to a decade, Bee is one of the show's most popular correspondents, who regularly mock the political happenings south of the border.

"I really don't have a right to do it. I definitely feel that," she says, laughing, in reference to her Canadian roots. "Sometimes I feel bad roaming around the conventions

and taking part in everything without having the ability to vote.

"I feel a little guilty, but there's nothing I can do about it."

Perfect fit

"It's just hard for me to imagine a job more perfectly suited for me, in the things that I like and the tone that I like to take."

Samantha Bee, on her role on *The Daily Show* with Jon Stewart

Bee calls it "pretty amazing" some of the topics she discusses on the show, and how it would never happen in the same way at home.

She refers, as an example, to the show's recent coverage of a Virginia state law on trans-vaginal ultrasounds and the heated debate it is causing around the United States.

"I just don't think you'd be having those same conversations on the Canadian scene."

"Thank God for that," she adds, "because it's insane."

As for tonight, Bee admits to being nervous playing the role of host. But, she says, that's all par for the comedy course.

"If you don't feel tension, then you may as well pack it in then."

Play. 'Florence Nightingale of the North' takes centre stage in Tempting Providence

Theatre Newfoundland Labrador is bringing its production *Tempting Providence* to Neptune's Studio Theatre.

The play premiered in 2002 and has been performed across the country and in the United Kingdom.

The play is based on the life of Myra Grimsley, an English nurse who arrived in Newfoundland in 1921 after hearing about the need for her medical expertise.

She became known for delivering babies and pulling teeth in even the harshest of weather and earned the nickname "Florence Nightingale of the North."

Deidre Gillard-Rowlings, who has played the role of



Willow Kean, left, and Deidre Gillard-Rowlings perform a scene from *Tempting Providence* at Neptune Studio Theatre on Tuesday. ANDREW DAVIES/FOR METRO HALIFAX

The play

Tempting Providence, directed by Jillian Keiley and written by Robert Chafe, is running until May 6 at Neptune Studio Theatre.

- Visit neptunetheatre.com for ticket information.

Myra since the play began, says she dug deep to find whatever information there was about her character.

"I did as much digging around to find footage of her so I could try to mimic her as well as I could," Rowlings said at a media preview for the play Tuesday.

Rowling hopes audiences are encouraged to be a little

more helpful to each other after seeing the play.

"I hope they come out of it feeling as if they might want to respect people that do a little more," she said. "The play is so much about community and helping one another and I hope it inspires other people to do that."

ANDREW DAVIES/FOR METRO

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HRM gives to some but not all

Getting a boost. Non-annual-event grants funded by municipality's portion of hotel levy



JENNIFER TAPLIN
jennifer.taplin@metronews.ca

A list of HRM grant winners is as notable for the ones that were approved as much for the ones that were turned away.

On Tuesday, Halifax regional council approved awarding \$276,460 worth of grants from the non-annual-events program.

Three projects in particular were added or given a boost in their grants: Epic Dartmouth triathlon (\$14,500), bidding to host a Canada vs. Russia junior-hockey series (conditionally \$100,000) and the Dingle Tower's 100th anniversary (\$10,000).

But notable events were turned away, including Nocturne: Art at Night, Hal-Con Sci-Fi Fantasy Convention, Halifax Anthem Showcase and the Maritime Fiddle Festival.

Brad Anguish, director of community and recreation services, said the declined events fell through the cracks of an increasingly bureaucratic points system of awarding grants. He said staff will be taking another look at supporting those events and a report will come back within a month.

Coun. Dawn Sloane was

Titanic 100

HRM is asking for more information on a grant application for Titanic 100 — Part 2, an event scheduled for September in downtown Halifax.

particularly concerned about turning down the immensely popular Nocturne festival, which happens in October and attracts more than 25,000 people.

According to policy, the non-annual-event grant program supports infrequent events and turned down Nocturne because they received a grant last year.

Coun. Jerry Blumenthal had serious reservations of doling out \$100,000, conditional on Halifax winning the bid to co-host the Canada vs. Russia junior-hockey series from Aug. 12 to 18. Despite his objections, the grant was approved by council.

Coun. Linda Mosher asked council to up the grant for the 100th celebration of the Dingle Tower on Aug. 6 to \$15,000 for an event she said would be "bare-bones" otherwise.

But several councillors grumbled that she was "skipping the queue" by bypassing the committee that decides the amounts of grants. Her request was rejected.

"We sometimes fight for our own areas and miss the big picture," said Coun. Jim Smith.

U.S. link

Business group optimistic about ferry service

The Nova Scotia Chambers of Commerce says it is optimistic that a ferry service between the province and the United States could be re-established.

The organization says Premier Darrell Dexter's announcement of a panel to review the viability of a ferry crossing between Yarmouth

and Maine is a good first step towards restarting the service.

Dexter made the announcement Monday, more than two years after his government stopped subsidizing the money-losing crossing.

A high-speed ferry link between Yarmouth and Maine was discontinued in December 2009 after the NDP government cancelled an annual \$6 million subsidy for the Bay Ferries Ltd. operation.

The decision has sparked protests in Yarmouth, where people say it has harmed the local economy.

THE CANADIAN PRESS



Darrell Dexter RYAN TAPLIN/METRO

Central Onslow

\$65K tractor stolen from dealership

A farm tractor valued at \$65,000 was stolen from a dealership in Central Onslow overnight Monday.

Colchester RCMP said the 2005 tractor was stolen from Green Diamond Farm Equipment, on Highway 2 sometime between 5 p.m. Monday and 7 a.m. on Tuesday.

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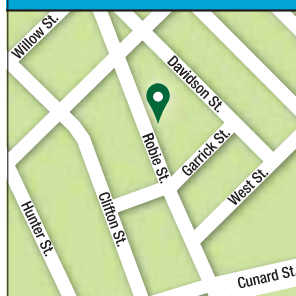
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The Dingle Tower stands tall in Sir Sanford Fleming Park. RYAN TAPLIN/METRO

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Equalization funding. N.S. minister calls out CBRM for mail-out

Municipal Relations Minister John MacDonell and Mayor John Morgan have sounded off in the latest round of a long-running dispute over provincial equalization funding for the Cape Breton Regional Municipality.

MacDonell weighed in with an op-ed piece in Monday's Cape Breton Post criticizing a mail-out from CBRM to residential taxpayers. He added to those comments during an interview that same day.

The mail-out that went out with tax bills said the CBRM's residential property-tax rates are among the highest in the province, gave some comparisons and blamed the high rates on a cap on the equalization fund that has been in place for 10 years, noting it receives only \$15.8 million rather than the \$31.8 million it is owed.

The letter also said that in a year when the province gave more than \$300 million to Irving Shipbuilding, the decision to continue a cap on equalization means CBRM is less likely to see employment growth.

MacDonell said in his op-ed that the CBRM, with 10 per

Beg to differ

- Cape Breton Regional Municipality Mayor John Morgan says looking at just the tax burden per household ignores the differing amounts of wealth and ability to pay throughout the province.

cent of the population of the province, received almost 50 per cent of the total in the program.

An accurate comparison would look at overall taxes paid per household and compare regional municipalities, which would show last fiscal year, the average residential tax burden was virtually the same for the CBRM and Halifax Regional Municipality, he wrote in the op-ed.

MacDonell also wrote that tax rates cited by the CBRM in the mail-out aren't comparable because CBRM rates include municipal area rates while the ones for other towns don't, he added.

CAPE BRETON POST



Homburg speaks at wellness-centre opening

Students and staff listen as Dr. Richard Homburg speaks at the official opening of the Homburg Centre for Health and Wellness on the Saint Mary's University campus Tuesday morning. Homburg, a local real-estate developer, donated what the school calls a generous amount for the 20,250-square-foot addition to the Tower, which includes a wellness program space and fitness studio. ANDREW DAVIES/FOR METRO

Dartmouth

Man charged in gas-station robbery

A 53-year-old man is facing charges in connection with a gas-station robbery in Dartmouth early Sunday morning.

Police say a man entered the Ultramar Gas station at 219 Pleasant St. with a knife, demanded cash and left with money and cigarettes.

On Monday, a search was undertaken at a residence on Renfrew Street in Dartmouth, with several items seized and one man arrested, police say.

Bryan Norman Cunningham is facing charges of robbery, possession of a weapon for a dangerous purpose and three counts of breaching his probation.

METRO

Investigation

North Preston home hit by gunfire

Halifax police are investigating after a home in North Preston was shot at late Monday night. Police say five people were in the house and they were sleeping at the time. METRO

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ADIRAL THE WESTIN Q104 metro CASINO Budget

Ex-teacher to serve one year in jail for sexual assault

A former Cape Breton teacher who admitted to being a sex addict has been sentenced to one year in provincial jail after previously being convicted of sexual assault, unlawful confinement and assault.

Michel Joseph Aubin Vienneau, 44, was charged after an

encounter with an admitted drug addict who testified that prostitution was one way for her to pay for her habit. The encounter took place at Vienneau's former school, Etoile de l'Acadie in Sydney, where he taught math and science.

In addition to the jail sentence handed down on Mon-

day, Vienneau must also complete two years of probation upon his release and is to be a registered sex offender for 20 years. He must submit a DNA sample to the national registry and is prohibited from possessing weapons for 10 years.

CAPE BRETON POST

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Chignecto-Central budget review ready for release



Education Minister Ramona Jennex RYAN TAPLIN/METRO

Aftermath. School board coping with shortfall of \$6.5M due to funding cuts

Senior Treasury Board advisor Doug Stewart will provide his budget review and recommendations to the Chignecto-Central Regional School Board on Wednesday.

Stewart and Rosalind Penfound, the province's deputy

minister of education, will hold a media briefing at 10:30 a.m. at the Nova Scotia Community College Truro Campus.

Stewart was appointed to review the budget by Education Minister Ramona Jennex on April 12. The move came after the government ordered the school board to put a halt to any budget cuts.

The board, which had already indicated plans to eliminate adult high school and cut its librarians and library technicians, was going to set staffing

Education funding

\$177M

In 2012-13, the Chignecto-Central Regional School Board will receive \$177 million, including \$3.8 million for libraries.

levels earlier this month, but held off after being told to by the minister.

The board is dealing with a 1.3 per cent funding cut that,

when combined with inflation, rising energy and transportation costs, as well as negotiated wage settlements, pushed its funding shortfall to \$6.5 million.

Since 2008-09, the province increased per-student funding in Chignecto-Central Regional School Board by 12 per cent, to its highest point ever this year. Over the same time period, enrolment dropped by 7.5 per cent, or more than 1,700 students.

TRURO DAILY NEWS

Natural resources

Dry spell for oil production in Newfoundland



Offshore oil production has dipped. THE CANADIAN PRESS

Newfoundland and Labrador has slipped into deficit as offshore oil production dips because of maintenance, and payments from the Atlantic Accord dry up.

The \$7.5-billion budget tabled Tuesday projects a \$258-million deficit this fiscal year and a provincial net debt of \$8.5 billion by the end of March 2013.

The fiscal blueprint also forecasts a deficit in 2013-14 of almost \$433 million.

Finance Minister Tom Marshall predicts a \$44-million surplus the following year as higher offshore-oil royalty rates kick in.

Marshall says planned projects such as the \$6.2-billion Muskrat Falls hydroelectric development in Labrador would help the province shake its oil addiction.

THE CANADIAN PRESS

Truro

Raid for booze fails at Royal Canadian Legion

An attempt to steal bottles of liquor from the Royal Canadian Legion in Truro was unsuccessful early Tuesday morning.

A Truro police spokesman said a vent in the side of building was used to gain entry and once inside efforts were made to steal some bottles of alcohol from the legion bar.

The suspects fled without the booze, however, and police were subsequently contacted by the alarm company.

Minimal damage was reported to the building.

TRURO DAILY NEWS

Ship traffic. A busy year for cruise lines in Sydney

This year is shaping up to be the busiest ever for cruise-ship traffic in Cape Breton.

Bernadette MacNeil, manager of cruise marketing and development with the Sydney Ports Corp., said this week there will be 61 visits by cruise ships to Sydney this season.

That is the same number that visited the port in 2006, but the ships that came that year were smaller, with fewer passengers, she said.

"This is the biggest year ever," MacNeil said.

If the ships come in at capacity, it could mean

Last year's stats

51

Last year, the number of cruise ships scheduled to visit Sydney was 51, but 10 of the stops had to be cancelled due to high winds.

more than 94,000 passengers and more than 41,000 crew members coming to the port in 2012.

The first cruise ship of the season is scheduled to arrive May 5, with the last expected Oct. 29.

CAPE BRETON POST

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- For general health care advice from a registered nurse, dial 811.

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• Care continues for patients already on dialysis, chemotherapy and radiation therapy.

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Inevitable breakup?

Ignatieff's Quebec musings sparks surprise

There are some surprised reactions to remarks from ex-Liberal leader Michael Ignatieff, who suggested in a BBC interview that Quebec and Canada are almost two separate countries floating towards a breakup.

That suggestion was met with resistance Tuesday from Quebecers who have fought for national unity. "What I will tell you is a strong majority of Quebecers believe in Canada," said Quebec Premier Jean Charest.

THE CANADIAN PRESS

Appeals court

Wife killer can collect on life insurance: Court

A man who killed his wife should be allowed to collect on her life insurance policy because he was insane at the time, Ontario's top court ruled Tuesday.

In overturning a lower judge's decision, the

Ontario Court of Appeal decided that public policy, which normally would bar killers from benefiting from their victims' deaths, does not apply in this case.

However, the court put its decision on hold to allow the government to try to seize the money.

THE CANADIAN PRESS

Diplomacy

Canada to suspend most sanctions against Myanmar

Canada is suspending its sanctions against Myanmar in recognition of its moves towards democracy.

Foreign Affairs Minister John Baird says he has seen encouraging steps in Myanmar since the former political prisoner Aung Sang Suu Kyi won a parliamentary seat in historic elections there earlier this month.

Baird said Canada's sanctions on imports, exports and financial transactions will be suspended, although an embargo will be maintained on sales of arms and military technology.

THE CANADIAN PRESS

One dead following British Columbia sawmill explosion

Without warning. Workers run for their lives as colleagues scramble to help one another

Evening-shift workers at a Prince George, B.C., sawmill ran for their lives after an earth-shaking explosion and massive fire sent walls crumbling down on top of them.

The blast killed one person and critically injured at least seven more.

Colleagues at the Lakeland Sawmill scrambled to help each other, with one saying he used scissors to cut charred clothing off those whose burned skin was dripping.

"It was quite gruesome," said union rep Brian Croy.

THE CANADIAN PRESS



A large fire burns at the Lakeland Mills sawmill in Prince George, B.C., early Tuesday. ANDREW JOHNSON EDIT/THE CANADIAN PRESS

Dropping dough

Oda not the biggest spender

Bev Oda may be in hot water for her champagne tastes, but by no means is she the highest-spending member of Stephen Harper's cabinet.

That distinction goes to Gerry Ritz.

The agriculture minister has racked up the biggest travel and hospitality tab of any of his Conservative colleagues in recent years.

That's apparently because of trade missions that have taken him all over the globe.

It has cost \$271,489 since March 2010 to send Ritz to such far-flung destinations as Italy, Turkey, Indonesia and Japan.

He edged out Finance Minister Jim Flaherty to claim the top spot.

Travel and hospitality costs for Flaherty came to \$270,119.

Defence Minister Peter MacKay came third with expenses of \$265,286.

THE CANADIAN PRESS

Ex-Liberal staffer tells MPs he acted alone



Lawyer Paul Champ speaks with Wikileaks creator Adam Carroll as he waits to appear before the Commons ethics committee. ADRIAN WYLD/THE CANADIAN PRESS

A Liberal party employee who was fired after posting a cabinet minister's divorce details online says he acted alone.

Adam Carroll told the House of Commons ethics committee he set up the Twitter account Wikileaks in direct response to the introduction of online surveillance legislation.

"I was never ordered nor asked to do it," he told MPs.

"I never discussed my actions with any members of Parliament, including the interim leader of the Liberal party. I acted on my own."

Public Safety Minister Vic Toews introduced Bill C-30 in February, sparking im-

mediate criticism for giving authorities too much power to snoop into people's online lives.

Toews infuriated critics when he said that opposing the bill put them on the side of child pornographers.

Carroll called Toews' language polarizing and he said he felt compelled to bring attention to the threat posed by the bill.

"I took an approach that, put simply, argued, if the minister feels strongly that he should know everything about us, perhaps we should know more about the man who wants unrestricted access to our information," he

said.

"To make the point further, everything I posted was from publicly available documents."

The Conservative-dominated committee grilled Carroll about how the documents came into his possession, noting only two people had ever signed them out of the court in Manitoba.

Carroll said he didn't know how the files ended up in his office.

He said the fact the Liberal party had them wasn't unique, given that every political party maintains files on opposition MPs.

THE CANADIAN PRESS

Ethics Committee

- Toews raised the issue of the Wikileaks account in the Commons, and the Speaker ruled the matter was closed after interim Liberal Leader Bob Rae apologized and Carroll lost his job.

- But the Conservatives decided to call Carroll to testify.

- The issue should not have been brought before the committee, said NDPer Charlie Angus.

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Summit. Nobel laureates meet to discuss peace

Poverty, a lack of education and arms proliferation present daunting obstacles, yet peace can be achieved if world leaders are more willing to talk and young people are encouraged to get involved, Nobel Peace Prize winners said at their annual meeting.

Former U.S. president Jimmy Carter and ex-presidents Mikhail Gorbachev of the former Soviet Union and Lech Walesa of Poland were among the Peace Prize winners in Chicago for the start of the three-day World Summit of Nobel Peace Laureates.

The summit runs through Wednesday and comes just weeks before Chicago hosts

U.S. President Barack Obama, also a Nobel Peace Prize winner, and foreign leaders for the NATO summit, a meeting that is expected to draw large numbers of anti-war protesters. Obama did not attend Monday's meetings.

Actor Sean Penn on Wednesday will be presented with the 2012 Peace Summit Award for his work in Haiti.

Carter said that, as the last global superpower, the U.S. has a responsibility to be a leader in peace efforts and set an example to the rest of the world. Instead, he said, the U.S. is "too inclined to go to war" and is contemplating going to war again, "perhaps in Iran."

THE ASSOCIATED PRESS

Europe

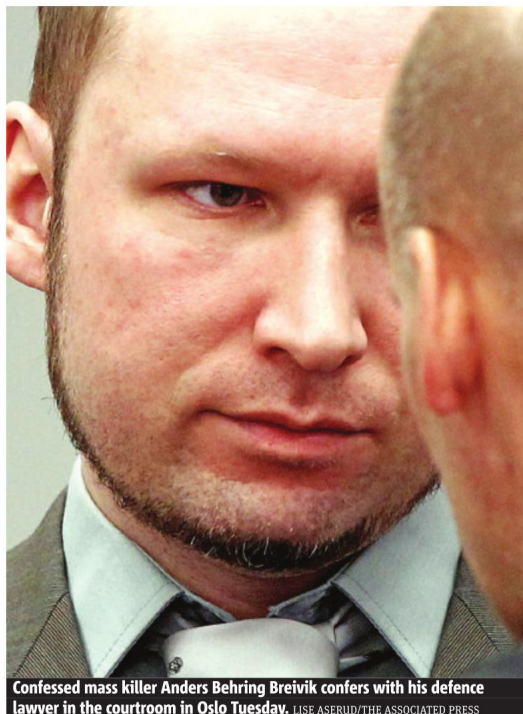
Headscarf laws dangerous: Report

European laws on what girls and women wear on their heads are encouraging discrimination against Muslims and against a religion that has been part of Europe's fabric for centuries, Amnesty International says in a new

report. Extremist political movements targeting Muslim practices for criticism have grown in several European countries — as witnessed by French far-right leader Marine Le Pen's strong showing in presidential elections this week.

The Amnesty report lists a raft of examples of discrimination against Muslims from Spain to the Netherlands and Turkey. THE ASSOCIATED PRESS

Witnesses recall horror of Norway bombing



Confessed mass killer Anders Behring Breivik confers with his defence lawyer in the courtroom in Oslo Tuesday. LISE ASERUD/THE ASSOCIATED PRESS

Trial. Police and forensic experts take stand in Breivik trial

After testifying for five days, Anders Behring Breivik listened silently Tuesday as others described the mayhem caused by his bombing of Oslo's government district, a scene one witness described as a "war zone".

Forensic experts explained the massive injuries to four of the eight victims killed by the 950-kilogram fertilizer bomb on July 22. Breivik admits to the bombing and a subsequent shooting massacre at a Labor Party youth camp that left 69 people dead, most of them teenagers.

Chilling

"I estimated the chances of survival as less than five per cent."

Anders Behring Breivik, confessed killer

"More than 100 body parts were found in the government district," said Ole Morten Stoerseth, a police official tasked with identifying the blast victims.

Relatives of those killed sobbed and embraced during the autopsy presentations. Pictures of the victims' injuries were not shown in court but distributed to the judges, prosecutors and defence lawyers as well as the psychiatrists who are examining Breivik during the trial.

Breivik claims the attacks were "necessary" and that the victims had betrayed Norway by embracing immigration.

As he has for most of the trial, now in its seventh day, the far-right fanatic remained mostly expressionless during the hearing Tuesday. But he smiled when a security guard, who was inside the government high-rise when the bomb exploded, called Breivik's motive for the attacks "totally absurd."

THE ASSOCIATED PRESS



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GT-14 model shown

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What happens in Vegas, gets healed in Vegas

Emergency medical technician Debra Lund, right, checks the flow of an IV bag as EMT Stacey Kreitlow, second from left, takes the blood pressure of a patient and Dr. Jason Burke, third from left, and nurse's assistant Crystal Willis look over his medical history while on Burke's Hangover Heaven bus in Las Vegas. Burke treated 16 patients on the first day of his mobile treatment centre for tourists, who spent the night before taking in all the nightlife Las Vegas has to offer. For a fee, they get a quick morning-after way to rehydrate, rejuvenate and resume their revelry.

JULIE JACOBSON/THE ASSOCIATED PRESS

Poland

Scientist confirms the G-spot

For years, researchers have

debated the G-spot's existence in medical journals, but no one went as far as Adam Ostrzenski, a retired doctor who conducted a "stratum by stratum anterior vaginal wall dissection

on an 83-year-old cadaver."

His study is the first to confirm the anatomical existence of the alleged pleasure zone inside the vaginal canal.

TORSTAR NEWS SERVICE

Romney shifts platform to appeal to independent voters

Primaries. Romney embraces more liberal stance on immigration, student loans

Mitt Romney is shifting from the deep conservatism he displayed before wrapping up the Republican presidential nomination toward a more centrist platform — an effort to appeal to independent voters who will decide whether he or President Barack Obama wins in November.

With main challenger Rick Santorum leaving the Republican contest earlier this month, Romney easily swept the primaries in five states Tuesday, marking a symbolic closure of the party's nomination process.

As voters in New York, Connecticut, Delaware, Rhode Island and Pennsylvania cast ballots, the former Massachusetts governor will return to New Hampshire, the state where a sweeping primary victory in

January set him on the path to the nomination.

Romney plans a speech his aides say represents a definitive pivot away from the primary contest and toward the campaign against Obama.

Romney was drawn to the right on issues like immigration as he fought off challenges from other Republicans. On Monday, he signalled he was considering a wider range of immigration policies, including a proposal from Sen. Marco Rubio of Florida that would allow some young illegal immigrants a chance at visas to stay and study in the U.S. while denying them an opportunity to become citizens.

Romney on Monday also expressed his support for a temporary extension of lower interest rates for student loans.

That came just as Obama, who also supports the extension, embarked Tuesday on a tour through college campuses in North Carolina, Colorado and Iowa — three states strategically important to his re-

Friends and foes

As Romney forges ahead in the primaries, other candidates reconsider stances

- **Rick Santorum.** While he once said Romney was worst Republican to face Obama, Santorum now expects to endorse him.
- **Newt Gingrich.** For the first time, Gingrich appears ready to reassess campaign, at least until after the Florida race in August.
- **Ron Paul.** Despite not having won a primary, Paul is adamant he is the superior competitor to Obama due to his strong debate skills.

election bid. The states could swing to Romney and help decide a close 2012 election.

THE ASSOCIATED PRESS

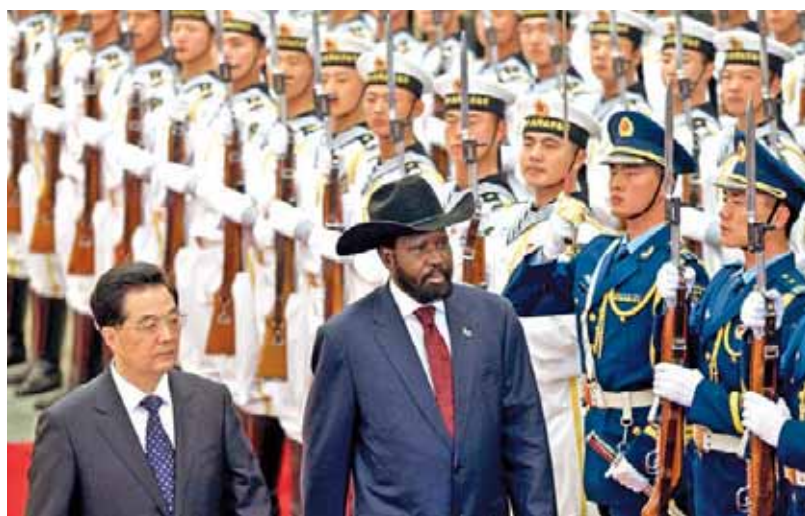


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South Sudanese President Salva Kiir reviews an honour guard with Chinese President Hu Jintao during a welcoming ceremony at the Great Hall of the People in Beijing Tuesday. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Tensions rise in rival Sudanese territories

Threat of war. Sudan and South Sudan have been drawing closer to full-scale war, though neither has declared it

International condemnation
"Both governments must agree to an immediate unconditional cessation of hostilities."

White House press secretary Jay Carney

South Sudan's president said its northern neighbour has "declared war" on the world's newest nation, just hours after Sudanese jets dropped eight bombs onto South Sudan on Tuesday.

President Salva Kiir's comments, made during a trip to China, signal a rise in rhetoric between the rival nations who had spent

decades at war with each other. Neither side has officially declared war. Sudan and South Sudan have been drawing closer to a full-scale war in recent weeks over the unresolved issues of oil revenues and their disputed border. The violence has drawn alarm and condemnation from the international community, including

from U.S. President Barack Obama.

South Sudan seceded from Sudan last year as a result of a 2005 peace treaty that ended decades of war that killed two million people.

Sudanese President Omar al-Bashir gave a fiery speech last week in which he said there will be no negotiations with the "poisonous insects" who are challenging Sudan's claim to disputed territory near the nations' shared border.

Kiir, the southern president, arrived in China late Monday for a five-day visit to lobby for economic and diplomatic support.

THE ASSOCIATED PRESS

Libyan war

NATO partly to blame for deaths: Rights group

A European rights watchdog has blamed NATO, Libyan authorities and smugglers for the deaths at sea of 63 people fleeing the Libyan war in March 2011 — a charge the military alliance is disputing.

The Parliamentary Assembly of the Council of Europe said Tuesday that NATO in particular "failed to react to distress calls" from the boat carrying the refugees in part of the Mediterranean Sea under its control. The victims included citizens of Ethiopia, Nigeria, Eritrea, Ghana and Sudan. THE ASSOCIATED PRESS

Conflict in Syria. Country has failed to withdraw all its heavy weapons

Syrian troops heavily shelled a suburb of the capital Tuesday, and satellite imagery showed that Syria has failed to withdraw all its heavy weapons from populated areas as required by a ceasefire deal, an official said.

The shelling came hours after rebels seeking to topple President Bashar Assad killed three regime officers in separate attacks around Damascus, activists and state media said, the latest violence targeting the security forces used by the government to quash dissent.

A bomb hidden in an army truck also exploded in

the capital, wounding several people. The persistent bloodshed has tarnished efforts by a UN team of observers to salvage a truce that started to unravel almost as soon as it began on April 12. Despite the violence, the international community still sees the peace plan put forward by envoy Kofi Annan as the last chance to prevent the country from falling into civil war — in part because there are no real alternatives.

Despite the bombardment, UN monitors visited the restive Damascus suburb of Douma on Tuesday, their second visit in two days.

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Hey look, it's the friendly death guy



Downtown Eastside avenger. Thanatos celebrates five years of costumed community work



MATT KIELTYKA
Metro in Vancouver

Page 1, panel 1. "These streets have a lot of stories to tell." Every corner, every nook and cranny in Vancouver's Downtown Eastside has a history. Tales of tragedy, legends of love, anecdotes of apathy, chronicles of compassion. Each person has a role to play.

Panel 2. The dark silhouette of a trench coat and brimmed hat enters the frame. Only the figure's green skull — death itself — is visible. The shadowy figure ominously reaches into a sack, grabs something and slowly takes his arm out to reveal ... a sock.

"Hey, how are you doing?" the costumed man cheerily asks. "Would you like a pair of socks? They're free!"

Enter Thanatos, the friendliest incarnation of the Grim Reaper you'll ever find, Vancouver's very

own real-life charitable superhero.

This is his story. For the last five years, Thanatos — a 63-year-old professional, husband and father in his "real" life — has been strolling through the Downtown Eastside, handing out clothing, blankets, food and water to residents in need.

Like his comic-book heroes, his driving desire to dress up and patrol the area is driven by an overwhelming desire to make the world a better place, right wrongs and lend a helping hand to his community.

"I don't come from Krypton and wasn't bitten by a radioactive spider or anything like that," Thanatos, named after the Greek god of death, says of his origin story.

"I was working downtown, trying to help out on the streets, and noticing a lot of things happening ... people living and dying on the streets."

"I was told by a police officer that some people on the street had nothing better to look forward to than death. That really stung, that really hurt me," he said, a slightly high-pitched voice barely muffled through the fabric hood. "So I said, 'If that's the case, then death better get out there and start taking care of these people.' I developed this persona to go out there and help."

He's been going strong ever since, garnering international media attention while using his unique — some say crazy — approach to giving back to shine a light on the poverty and social issues afflicting one of Canada's most infamous and misunderstood neighbourhoods.

Residents' reaction

Writer Nadia Fezzani visits the Downtown Eastside to find out what people think of Thanatos.

- Once on Hastings, I walked along a couple of blocks where there were lots of people. Some were selling drugs; others appeared to be selling stolen goods. I asked if they knew who the man who represented death was. Although some of them didn't know his name, many people knew but did not

want to talk about him.

- One of the few who would speak about him was selling goods from a blanket spread out on the sidewalk. I asked her if she knew the superhero. "Yes," she said nervously. Watching her surroundings, she told me Thanatos was a very nice man but that she didn't really know much about him. As I was leaving, a few men approached me to tell me how amazing a man he is.

His biggest claim to fame was a starring role in the 2011 HBO documentary *Superheroes*, which profiled some of the 400 Real-Life Superheroes operating throughout North America.

If local residents don't notice Thanatos from his adventures in the area, they've seen him on TV.

In fact, two fans had one such encounter on the hero's recent stroll through the DTES with Metro.

"You're awesome," said a stranger with long, ratty hair and a teardrop tattoo under his eye. "Keep up the good work."

A quick fist bump and Thanatos was back at delivering socks into the hands of people cowering under archways, door portals and bridge underpasses on a typical rainy day.

Onlookers laugh, passing motorists slow down for a look and camera phones are whipped out when Thanatos is near.

He's a draw, but it's not about him.

"It gets the attention where it's needed," the masked avenger says. "By using this persona, I've been able to spread the word about what's going on down there; I've been able to get more aid in the area. I'm asked by reporters if it actually works, and it's like, 'Well, you're here talking to me right now,' so it's obviously working."

And like any of his fictional heroes, Thanatos' work is never done.

"I'm an average person that just wants to do something and make a difference. People want to know what Real-Life Superheroes are all about," he says. "Apathy is the biggest killer out there. That's what we do: We fight apathy. We get people involved and we inspire them."

Final panel. The shadowy figure fearlessly runs toward his next adventure. To be continued.

60 seconds

An interview with Thanatos Necrium

Why did you choose Thanatos, or death, as your superhero character?

I've been doing this for a little more than four years. I've always been someone to get involved. I worked on my own down on Hastings Street and with small groups, trying to help out with the homeless with handouts and counselling and to point them in the right direction. It was very difficult, and I couldn't get anyone's attention. Nobody wanted to listen. One day, a police officer told me, "You know, people on the street really have nothing bet-

ter to look forward to other than death." And that really stunned me. So I said, "If that is the case, then death is going to have to get out there and start taking care of these people!"

Does the mask have an impact on people?

I am drawing attention. Social workers see these people in the morning, and people don't remember them by the afternoon. Me, they remember. They remember the crazy guy with a mask out there helping and that's all I care about. I've had people from France, from Germany, from all over the States come to talk to me because I put on a mask and I'm drawing attention to a problem. Nobody wants to talk to me, Joe Blow. But they'll listen to Thanatos. There are people who



say this is an ego trip. If this were an ego trip, would I hide behind the mask?

As a Real-Life Superhero, what do you do, exactly?

I'm an extra set of eyes and ears for the police. I help the homeless on the street with handouts of blankets, food, simple things like a loaf of bread, sometimes something as

simple as human touch and companionship. I keep an eye on them and I draw attention to the plight of people who fall through the system and end up on the streets. In my city alone I've probably reached out and touched 600 people.

NADIA FEZZANI/FOR METRO

TO READ THE FULL INTERVIEW, VISIT METRONEWS.CA/FEATURES

In Metro Thursday

- Super villains vs. superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- Video:** Real-Life Superhero Thanatos tells his story. Metro Vancouver reporters followed Thanatos on a rainy afternoon as he patrolled the gritty streets of Vancouver's Downtown Eastside.
- Slideshow:** The women among the Real-Life Superheroes.



Vancouver Real-Life Superhero Thanatos. PETER TAYLOR



Putting the 'her' in superheroes

Currently, there are about 15 female Real-Life Superheroes in North America. Most of them work with a team or as one half of a couple, but some of them also act on their own

Red Light. Street patrol

Red Light was only 15 years old when she decided to make a difference by volunteering at an elder-care facility. At 17, she was doing homeless outreach. Six months ago, she started to patrol almost every night, sometimes 12 hours at a time. Today, she still patrols 15 to 20 hours a week.

Working alone, she has to be careful with her actions. For example, she helps people by talking down a dispute or finding rides for those who are too drunk to drive. When the situation is too risky, she serves as an extra set of eyes and ears, and calls authorities when she witnesses suspicious activities or mistreatment of animals.

She decided to start working toward her EMT certification after trying to rescue a man suffering from a heroin overdose. "Many of my other skills were picked up through experience. I learned how to fight by necessity. I learned vigilance by being different. I learned to stay calm in a crisis by conditioning," explains Red.

Growing up, she was subject to sexual abuse and domestic violence. She was also diagnosed with a malignant tumour in her stomach at 28 years old. It took her five years to get the necessary funds to



Red Light NADIA FEZZANI/FOR METRO

go through her operation. She has become aware of her own mortality. "I feel like I've already been given extra time, so I'm not afraid of dying. Every day is another chance to make things better."

Now, with her red hair past her knees, she plans on donating it to Locks of Love, a non-profit organization that takes human-hair donations and creates wigs for young chemotherapy patients.

"Life is only as bad as you let it be. It's easy to forget how much we have when it feels like we have to fight so hard to keep it. It hasn't stopped me from being kind to people. I still patrol. I still help others. Anyone can do something. Anyone." NADIA FEZZANI/FOR METRO

Purple Reign. Night crime

For more than a year, Purple Reign was abused by her boyfriend — physically, emotionally and mentally. One night, when she was given permission to go out with friends — which didn't happen very often — Reign returned home to find her boyfriend angry and belligerent.

He attacked her.

"I told him I was going to call the police. I tried to escape and he kept coming after me," she says.

She threw open the door, yelling, hoping someone in the condo complex would hear her. No one came to her aid.

"He was choking me and banging my head against the floor. I started to lose consciousness and I couldn't breathe. I just gave up because I felt so low to begin with. I was finished fighting."

Finally spent, her boyfriend stopped hitting her. With the help of a domestic-violence lawyer, she kicked her boyfriend out and moved right



Purple Reign RYAN MCNAMEE/FOR METRO

away so her ex couldn't find her.

Within in a year, she met with Real Life Superhero Phoenix Jones and engaged in a healthy and loving relationship with him. She patrols with the Rain City Superheroes, a group of heroes from Seattle who fight crime at night.

She has since founded the non-profit Purple Reign Campaign — purplereigncampaign.org — through which she raises funds for the Northwest Family Life non-profit organization. They help victims of domestic abuse by proving them with education and assistance.

NADIA FEZZANI/FOR METRO

Women heroes

LORI FUSARO/FOR METRO



1 The Handler. Los Angeles

The owner of a dog-training school searches for strays animals and finds them new homes.

2 KatWoman. Cleveland

With the Underground Justice League Alliance, KatWoman engages in crime prevention and homeless outreach and helps locate missing people. A registered nurse, she also provides first aid to the injured.

3 Rock N. Roll. San Francisco

Rock N. Roll donates and distributes food and clothing to the less fortunate. She collects syringes in a public area frequented by intravenous drug users. She is the co-founder of the California Initiative and the S.T.A.N.D. news site.

4 Misery White. Minneapolis

Misery White champions anti-bullying, domestic-violence and child-abuse education and prevention programs. She also advocates for shelters, food banks and homeless outreach.

5 Crimson Catalyst. Chicago

Crimson Catalyst, a model and stage performer, patrols the streets and distributes food and supplies to the homeless. All of the meals are prepared by her.

NADIA FEZZANI/FOR METRO

London marathon. Young woman's death inspires donations to charity

The death of a runner in the London marathon has inspired a flood of donations to the charity she supported.

Claire Squires, who ran to raise money for the Samaritans, which works to prevent suicide, collapsed Sunday near the end of the course. The cause of her death has not been determined.

By late Tuesday, donations made through her JustGiving.com web page had passed \$664,000.

Squires, a 30-year-old hairdresser from North Kilworth, England, had climbed Mount Kilimanjaro with a friend last year to raise \$2,400 for the Royal Air Force Association.

The Samaritans said donations will go into a tribute fund in Squires' name.

Chief executive Catherine Johnstone said the charity



Claire Squires HANDOUT

had been "overwhelmed" by the public response.

"This is an incredibly sad time for Claire's family and all those all those who knew her," she said. "We desperately wish that it was not under these circumstances but we have been overwhelmed by the response from people donating in Claire's memory."

THE ASSOCIATED PRESS

Brazil

Political reporter gunned down

A crusading reporter who "breathed, dreamed and lived journalism 24 hours a day" was gunned down as he ate dinner, and colleagues said they are certain he was killed because of his work.

Decio Sa, a political reporter for the O Estado do Maranhão newspaper in Brazil, is at least the fourth journalist slain this year in the South American nation, one of the deadliest for reporters to work in, according to watchdog

groups.

Brazil's National Newspaper Association said on its website that Sa was killed because of his "courageous coverage of crimes committed by hired gunmen."

"He was the fourth journalist to be murdered in Brazil in 2012, highlighting the pernicious effect of the impunity that surrounds attempts made against professionals who work to better inform citizens," the statement added.

The New York City-based Committee to Protect Journalists says that 21 Brazilian journalists have been killed since 1992.

THE ASSOCIATED PRESS

Kony's whereabouts remain a mystery

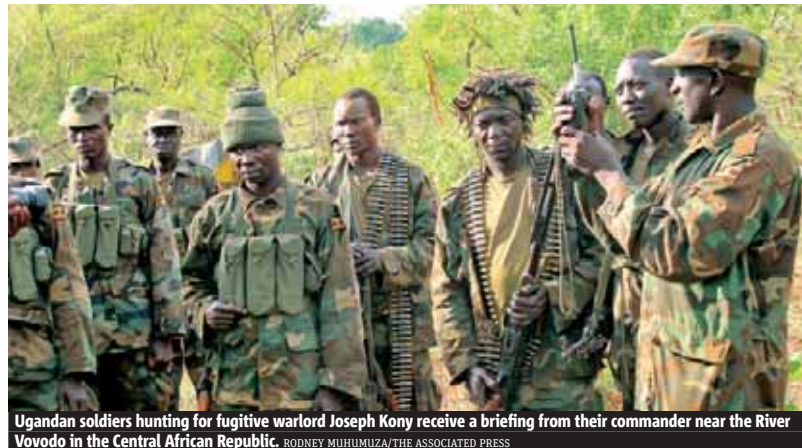
Uganda. Soldiers say intelligence on Kony is so limited that if he dies or is already dead, his foes might never know

An Internet campaign that's gone viral aims to capture notorious rebel leader Joseph Kony, but Ugandan foot soldiers who have spent years searching for the man are starting to ask a question their top commanders prefer to ignore: Is it possible he is dead?

Ugandan army officials say the Lord's Resistance Army leader is alive and hiding somewhere within the Central African Republic.

Rank-and-file soldiers, however, say intelligence on Kony is so limited that if he dies, or is already dead, his foes might never know and could wind up chasing a ghost through this vast central Africa jungle.

In interviews last week with



Ugandan soldiers hunting for fugitive warlord Joseph Kony receive a briefing from their commander near the River Vovodo in the Central African Republic. RODNEY MUHUMUZA/THE ASSOCIATED PRESS

an Associated Press reporter who trekked with them in the jungle, soldiers in one of many Kony-hunting squads said their task in the Central African Republic could no longer be described as a manhunt.

The soldiers, who requested anonymity for fear of punishment, said for years there has

been no LRA presence in the areas they patrol.

The soldiers are growing increasingly disillusioned, complaining of boredom and having to carry around heavy guns they never expect to use.

"Our commanders don't want you to know the truth," one of them said on the banks

of the Vovodo river, his colleagues nodding in approval. "They want to keep us here, but up to now our squad has never come across any rebels."

Another soldier said: "We are bored. We have nothing to do. We are mobile every day but we never see the enemy."

THE ASSOCIATED PRESS

Hudson leaves court as photos shown

The trial of the man charged with murdering three of Jennifer Hudson's family members resumed Tuesday with the Oscar winner shutting her eyes as a police officer described finding her dead family members and later leaving the courtroom before photos of their bodies were shown.

Hudson watched most of

the testimony before getting up and leaving shortly before prosecutors displayed pictures of her mother and brother's bloodied bodies. Prosecutors often let family members know when they will be showing unsettling evidence.

A day after Hudson offered emotional testimony, prosecutors began shifting their focus

to presenting crime-scene evidence in the case against her former brother-in-law, William Balfour.

Balfour was estranged from his wife, Hudson's sister, at the time of the killings. He has pleaded not guilty to murdering Hudson's mother, brother and seven-year-old nephew.

Earlier in the day, Hudson

hung her head and shut her eyes as Chicago police Sgt. David Dowling described finding her mother's body in the living room with gunshot wounds through her back. Dowling described finding Jason Hudson dead in his bed, with the sheets pulled up as if he had been sleeping.

THE ASSOCIATED PRESS

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Halifax Forum Multi-purpose Room on Young Street



Tycoons plan cosmic mining venture

10-year plan.

Filmmaker James Cameron, Silicon Valley titans look to space to extract minerals

Space-faring robots could be extracting gold and platinum from asteroids within 10 years if a new venture backed by two Silicon Valley titans and filmmaker James

Cameron goes as planned.

Outside experts are skeptical about the project, announced at a news conference in Seattle Tuesday, which would likely require untold millions, or perhaps billions of dollars and huge advances in technology. But the same entrepreneurs pioneered the selling of space rides to tourists — a notion that seemed fanciful not long ago, too.

"Since my early teen-

age years, I've wanted to be an asteroid miner. I always viewed it as a glamorous vision of where we could go," Peter Diamandis, one of the founders of Planetary Resources, said at a news conference at the Museum of Flight in Seattle. The company's vision "is to make the resources of space available to humanity."

The inaugural step, to be achieved in the next 18 to 24 months, would be launching

the first in a series of private telescopes that would search for the right type of asteroids.

The plan is to use commercially built robotic ships to squeeze rocket fuel and valuable minerals out of the rocks that routinely whiz by Earth. One of the company founders predicts they could have their version of a space-based gas station up and running by 2020.

THE ASSOCIATED PRESS



Planetary Resources mechanical engineer Peter Illsley puts finishing touches on a prototype model of a low-orbit spacecraft Tuesday in Seattle, with the plan to mine nearby asteroids. ELAINE THOMPSON/THE ASSOCIATED PRESS

Google. New technology unveiled

Google is hoping to build the world's largest digital filing cabinet in the latest attempt to deepen people's dependence on its services.

The Internet search leader's latest product stores personal documents, photos, videos and a wide range of other digital content on Google's computers.

By keeping files in massive data centres, users will be able to call up the information on their smartphones, tablet computers, laptops and just about any other Internet-connected device. Google announced the long-rumoured service Tuesday.

Called Google Drive, the service is offering the first five gigabytes of storage per account for free. Additional storage will be sold for prices starting at \$2.49 US per month for 25 gigabytes up to \$49.99 US per month for one terabyte.

Google Drive is initially available for installation on Window-based computers, Mac computers, laptops running on Google's Chrome operating system and smartphones powered by Google's Android software. A version compatible with Apple Inc.'s iPhone and iPad is due in the next few weeks.

It may be several weeks before Google Drive is available throughout the world.

THE ASSOCIATED PRESS

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Retail

Suppliers blamed for price gap

Canada's retailers are blaming suppliers for the large gap between their prices and identical goods for sale south of the border, despite the nearly equal value of the two dollars.

Canadian merchants are being unfairly singled out for having higher prices than their American counterparts, Diane Brisebois of the Retail Council of Canada told a Senate committee Tuesday.

THE CANADIAN PRESS

Pharmaceuticals

Novartis tries to push pricier drug on state hospitals

Swiss drug giant Novartis is taking legal action in Britain to make state-run hospitals use an eye drug that costs about 700 pounds (\$1,120) per shot instead of a cheaper one that costs just 60 pounds (\$95).

A study published in the New England Journal of Medicine showed Avastin worked just as well as Lucentis for treating an eye disorder.

THE ASSOCIATED PRESS

Murdoch exposes tie to Olympic minister



Protesters dressed up as Rupert Murdoch, left, and his son James pose for photographers as they demonstrate outside the Leveson inquiry at the High Court in London Tuesday. MATT DUNHAM/THE ASSOCIATED PRESS

News Corp. executive James Murdoch's behind-the-scenes lobbying campaign spilled out into the public domain Tuesday, casting a harsh light on the government's Olympics czar.

Murdoch was speaking before the media-ethics inquiry set up in the wake of the country's phone-hacking scandal, which has shaken the country's establishment with revelations of journalistic misdeeds, police corruption and corporate malpractice.

Some of Murdoch's testimony revisited his own role in the scandal, but far more explosive were revelations

about how senior British ministers went out of their way to smooth the path for one of his biggest-ever business deals.

Particularly damning was correspondence showing how Olympics czar Jeremy Hunt secretly backed Murdoch's multi-billion-dollar bid for full control of satellite broadcaster British Sky Broadcasting Group PLC. As the minister charged with deciding whether to refer the takeover deal to Britain's competition authority, Hunt was meant to have been neutral.

"I am approaching the decision with total impartiality and following strict due process,"

Hunt told lawmakers in January 2011. But a cache of text messages and emails published by the Leveson inquiry Tuesday suggested that Hunt was fighting on Murdoch's side the whole time.

"He said we would get there at the end, and he shared our objectives," was how an email from News Corp. lobbyist Frederic Michel described Hunt's attitude. Other emails appeared to capture Hunt's office providing Murdoch with sensitive intelligence on his political opponents and offering advice on how best to present his bid.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.21¢ (+0.30¢)

TSX
11,980.1 (-8.85)

OIL
\$103.55 US (+44¢)

GOLD
\$1,634.80 US (+\$11.20)

Natural gas: \$1.975 (-3.2¢)
Dow Jones: 13,001.56 (+74.39)

BACK WHEN SPAM WAS SOMETHING YOU DIGESTED, NOT DELETED



JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Did you know there's an Internet Hall of Fame?

Well, there is, and the first inductees were announced on Monday— 33 in total, 30 men and three women. One of the

women was known as Jake and another was named Mitchell. So far, Geek Valhalla is a man's world.

Oct. 29, 1969, 22:30 hours. That's when the first message was sent on ARPANET, the Internet's immediate predecessor. It was from the Nigerian foreign minister, offering the recipient \$20 million in exchange for his bank-account number (LOL).

What did we do before?

It's hard to believe that the Internet is over 40, especially because the only people who really know how to use it are 14.

there he is, one of the kids in the hall. Not for inventing the Internet per se, but coming pretty close: hailed as a "Global Connector" and helping to invent "the information superhighway," along which many a frustrated computer illiterate has become electronic roadkill.

The truth is there's not exactly one inventor of the Internet, because a bunch of old white guys flipped the switches. But the honour for the vision could go to J.C.R. Licklider of MIT, who released a paper in August 1962 on a "Galactic Network," a globally interconnected set of computers through which everyone could quickly access data and programs from any site. It was called Amazon (LOL, again).

Oddly, Jeff Bezos, the man who actually invented Amazon, isn't on the list — at least not yet — while Craig Newmark is. Newmark, of course, invented Craigslist, without which there would be no roommates or used-car sales, so I guess he's more important.

It's hard to believe that the Internet is over 40, especially because the only people who really know how to use it are 14. We've come a long way from a time when pioneers such as Vint Cerf and Tim Berners-Lee (both inductees) envisioned a global electronic village to a day when people can pump out brainless, 140-character declarations about nothing 24-7.

I mean, where would we be without Twitter, Facebook, Pinterest and Netflix? Back in the cave with Don Draper ordering three-martini, smartphone-free lunches? The first email message went out in 1972, and it went straight to my junk-mail folder along with the Viagra ads.

Imagine what it was like before that, a time before your pocket buzzed every 30 seconds and when you missed an episode of Game of Thrones you could only wait until next summer for the reruns.

Hard to imagine. Check it out: internethalloffame.org.



Rubber hen in space? She's no chicken!



NASA / REX FEATURES

Guinea pig

Rubber chicken flies into storm

SPACE. A plucky rubber chicken has been sent into space to study a solar storm. "Camilla" has boldly gone where no chicken has gone before, after being attached to a helium balloon and sent to an altitude of 36 kilometres.

The hen was used to test levels of radiation in one of the strongest proton storms since 2003. **METRO**

Bird in space

One powerful rubber mascot

SCIENCE PROJECT. The stunt was carried out by Bishop Union High School students in California, as part of their science project last month.

Many space enthusiasts will be familiar with Camilla, who is the mascot of NASA's Solar Dynamics Observatory, and has more than 20,000 followers on social-media websites.

METRO



Camilla's helium balloon pops.
EARTH TO SKY/BISHOP CA

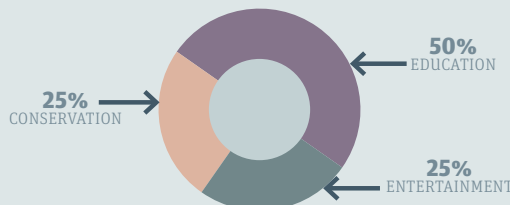
Camilla's flight

- **Scientific study.** In her two-and-a-half-hour flight, Camilla spent about 90 minutes in the stratosphere, where temperatures and air pressures are similar to those on Mars. On her specially knitted space suit, she wore a pair of radiation badges — the same kind donned by medical technicians and nuclear workers to assess their dosages.



Register at metropolitanpanel.ca and take the quick poll

What's the main purpose of a zoo?



Twitter

@halifaxfilmgal:

Anyone else feel that these ferry hour service cuts are a punishment for demanding transit to the airport? #halifax

@im_adam_barrett:

Hey, is anyone attending a mid-night Avengers screening in #Halifax? Mind if I hop aboard that train with you?

@ChrisLavoie1:

Facing 5 o'clock traffic everyday

in halifax on way from work is just so not #ftb #HRMsewer

@FancyLuckyVTG:

So I didn't get to go the antique store today, but I went to a fave thrift store & found 3 Star Wars t-shirts!

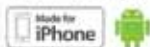
@macisaacs5:

First time taking the dartmouth ferry, some interesting individuals hangin out around here. #sketchy

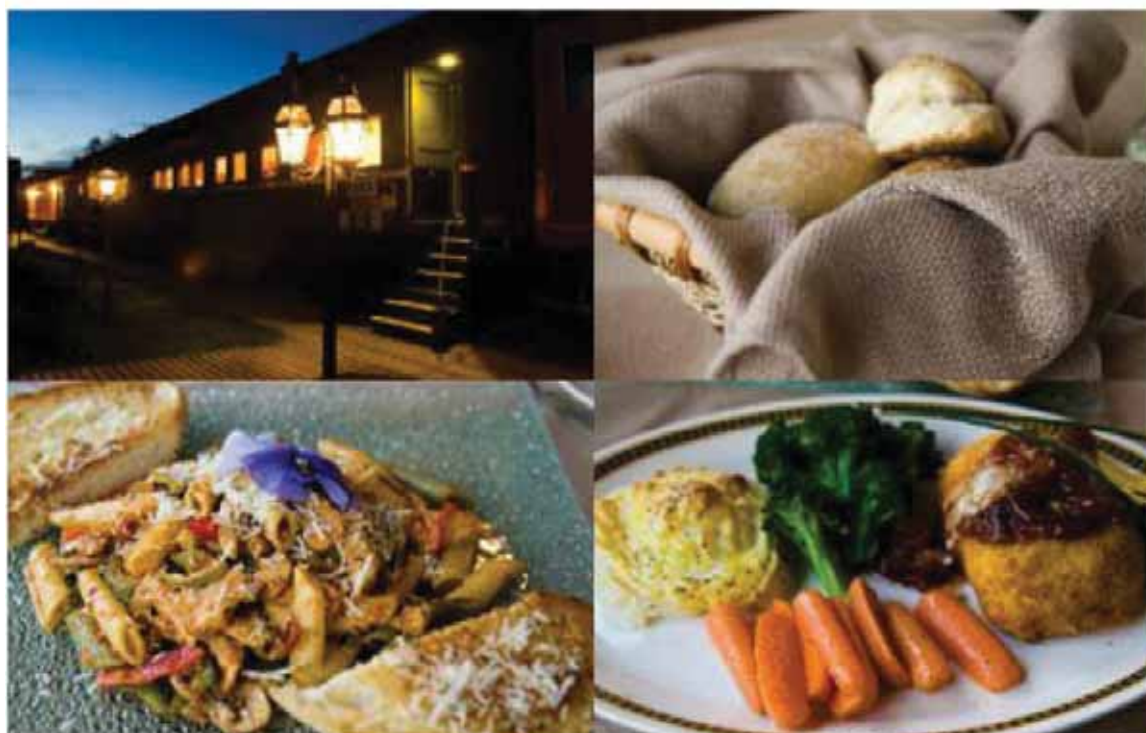
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2

SCENE

Scene in brief

Seacrest staying on with Idol

Ryan Seacrest is sticking around as host of *American Idol*. The Fox network said Monday night that Seacrest will continue as host of the hit TV singing-competition series, over which he has presided since its premiere a decade ago. The network gave no specifics about the length of his new contract, or any monetary details. Seacrest called the show's run until now "a wild ride," and said he is excited it will continue with him on board.

THE ASSOCIATED PRESS

On the web



Zac Efron brings *The Lucky One* to London for European premiere



Jason Statham doesn't stray far from his wheelhouse in his new movie, *Safe*. HANDOUT

Statham's safety zone: Guns, girls and hard glares

If it ain't broke... It may have all been done before by the action star, but his new film is likely to be a Safe bet at the box office



IN FOCUS
Richard Crouse
scene@metronews.ca

Movie tough-guy Jason Statham is either remarkably consistent or just really enjoys playing guys who can break your neck with his steely gaze. Whatever the case, when you pay your money for a Statham

flick, you know in advance what you're getting into.

In this weekend's *Safe*, the gravelly-voiced action hero digs deep into his bag of tricks to play Luke Wright, a.k.a. Statham Character #2. That's the "loner with a past who must protect a youthful innocent." (As opposed to Statham Character #1 in which he plays "a loner with a past who must protect a loved one.")

Like his other movies, *Safe* is a marketer's dream. Here's a sample ad:

Body Count: 350
Bullet Budget: \$1,000,000
Jason Statham's Steely Glare: Priceless

Recently a scientific poll — OK, I posted a question on Facebook — posed this question: What makes Statham movies so popular? Here are

Jason Statham

His über-macho presence is more important than the script — as long as he is in motion, running and leaping, kicking and punching, his films work.

some of the comments:

- His Blue Steel stare puts Zoolander to shame!

- His complete lack of facial movement? It's like if Buster Keaton were an emotionless British killing machine.

- He always manages to kick someone's butt while being tied to a chair.

- Not since Don Johnson, circa *Miami Vice*, has an actor managed to maintain a perfect three-day stubble...

Let's face it, his movies are more than a bit predictable.

"You gotta be kidding me!" you'll be tempted to groan at some of the plot twists — if only the movie's characters didn't beat you to it.

They are cliché-a-thons, but because Statham understands his audience and persona, his films are dumb good fun. His über-macho presence is more important than the script. As long as he is in motion, running and leaping, kicking and punching, and giving voice to action-movie platitudes in his distinctive English rasp, his pictures work.

Statham has made films like *Transporter*, *Killer Elite* and *The Mechanic* over and over again. Different title, and sometimes with a big-name supporting cast (like Robert De Niro and Clive Owen) and sometimes not (*Safe* co-stars newcomer Catherine Chan), but the story of a tough guy who lives in a world where "Everybody knows the rules — there are no rules," is the common thread.

Statham, however, says he's open to showing audiences another side of his personality.

When a Huffington Post writer asked if he would make a rom-com with Reese Witherspoon he said, "Of course, I would love to do that. But my phone is right there and it ain't f---ing ringing."



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Katy Perry ALL PHOTOS GETTY IMAGES

Katy spotted cuddling with Florence and the Machine guitarist

It looks like Katy Perry is moving on after her divorce from Russell Brand.

The pop singer was spotted at the Coachella music festival holding hands, cuddling and generally acting like a couple with Florence and the Machine guitarist

Robert Ackroyd, according to Hollyscoop.

Of course, Perry has also recently been linked to French singer and model Baptiste Giabiconi, with his rep going so far as to confirm their getting to know each other.



Twitter



@jimmykimmel

I had the pleasure of working with Dick Clark many times — great guy. Some trivia: did you know he HATED music?



@katyperry

When is the Sublime hologram coming to coachella?! #805



@NiaVardalos

Just back from Disneyland, sunblock wore off, my shnozz has been replaced by an eggplant.



@AlbertBrooks

I wonder if the U.S. purposely sends out crappy drones so when they're captured China & Iran get bad info?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Celebrity fetus round-up



THE WORD

Dorothy Robinson
scene@metronews.ca

It's a slow gossip day, so let's check in with everyone's favourite subject: The uteri of the stars!

First up: Jessica Simpson, who, it should be noted, is still pregnant. (At this point, does anyone else feel like Simpson is going to be in the Guinness Book of World Records for "mammal with the longest gestation period," right next to "elephant"?)

Even the Fashion Star mentor knows this is a seemingly never-ending pregnancy: "To everyone who keeps congratulating me on the birth of my baby girl ... I'm still pregnant!!" Simpson tweeted Saturday.

"Don't believe what you read, ladies and gents."

Meanwhile, Life & Style is reporting that Drew Barrymore, who has yet to confirm her pregnancy, is, like Simpson, having a girl. A source close to Drew "exclusively revealed" the sex of the child to Life & Style.

I'd take this news with a grain of salt, folks, as no "close" friend would sell out such sacred information to a tabloid. That being said, there's a 50/50 chance that this made-up information is correct. Good job of hedging your bets, Life & Style!

And, just in case you missed it: Giuliana and Bill Rancic, whose struggles with infertility are well documented, announced Monday on Today that they are going to have a baby via a gestational carrier.

"She is giving us the greatest gift we're ever getting," Giuliana tells People of the woman whose identity has not been revealed.



Jason Segel

Segel skips the red carpet to hang with his new girl at movie premiere

Jason Segel went to great lengths to avoid the cameras and still catch the premiere of girlfriend Michelle Williams' new movie, Take This Waltz, at the Tribeca Film Festival.

The 5-Year Engagement star dodged the red carpet to "sneak through the back entrance to be there with Michelle," a source says,

according to Hollyscoop. Of course, there was no such sneaking around when it came to the after-party, where the pair reportedly packed on the public displays of affection.

"There was no mistaking that they were a couple," says a source. "They seemed very comfortable and happy to be there celebrating together."



Drew Barrymore

Baby on board: Drew celebrates pregnancy

Drew Barrymore and fiancé Will Kopelman have plenty to celebrate, what with both a wedding and a baby reportedly on the way, so this weekend was perfect for

a shower. "Everyone was dotting on pregnant Drew and asking her how she is feeling," a source tells Us Weekly of the party, held at producer Leonard Goldberg's home.

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LIFE

Travel in brief

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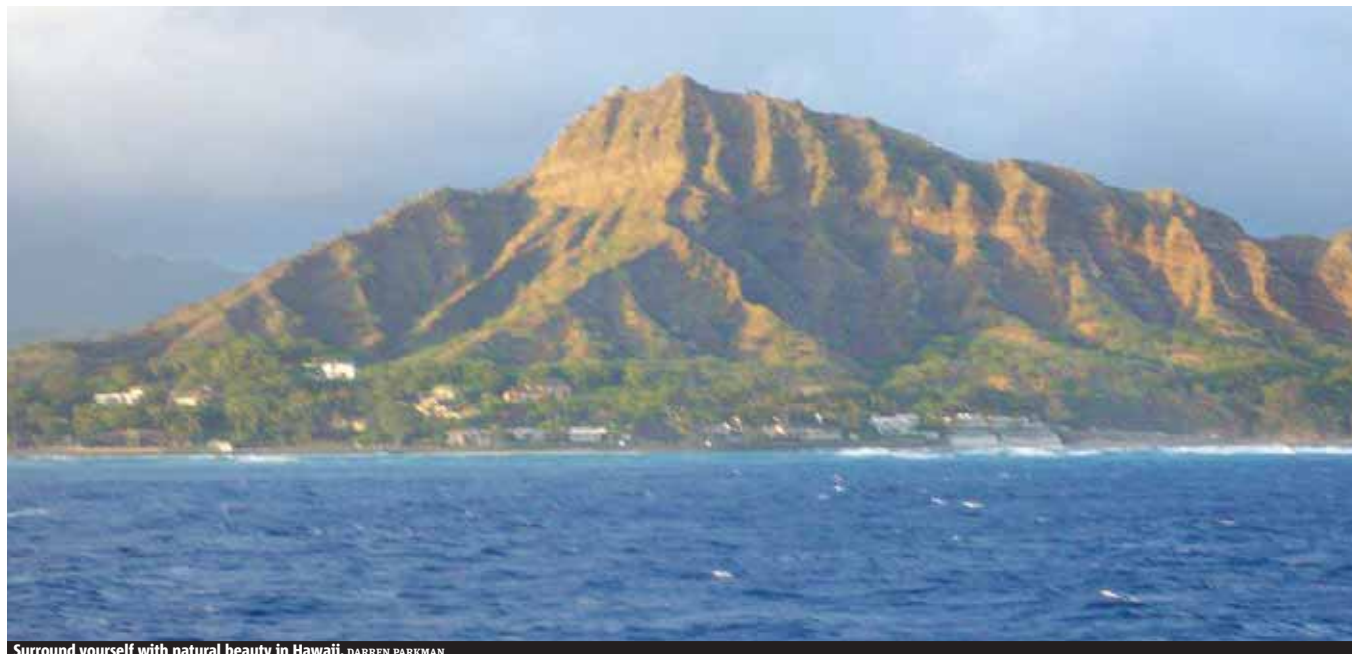
Grill some salami and baloney. Add Swiss or cheddar cheese. Slather on mustard. Put between yellow bread. What do you get? According to *Travel and Leisure* magazine, one of the world's best sandwiches. It's the Wilensky's Special, served at Wilensky's Light Lunch at the corner of Fairmont and Clark streets in Montreal's Mile End area. The diner was made famous by Mordecai Richler in his novel *The Apprenticeship of Duddy Kravitz* and has an ambience that, according to Frommer's, "can best be described as Early Jewish Immigrant." "Served on wax paper, the sandwich comes with rules: it always has mustard and is never halved," says *Travel and Leisure*. The price: \$4.99 (50 cents less without the cheese).

THE CANADIAN PRESS

On the web



Don't stay home because you lack a companion: Tips for travelling solo.



Surround yourself with natural beauty in Hawaii. DARREN PARKMAN

Oahu's underwater views something to see

Submarine fun. The Travellin' Canadian overcomes his fear of small spaces for a deep-sea adventure



THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

Pineapples and hula dancers are one thing, but deep-sea diving in a real submarine is quite another.

Despite my fear of confined spaces, I found myself signing up for an undersea submarine adventure aboard the world's largest high-tech passenger sub — the Atlantis — during a recent respite to sunny Oahu.

Claim to fame aside, the Atlantis seemed downright tiny as I climbed down the narrow staircase to take my place inside this cramped metal tomb.

Thankfully, it was fully air-conditioned, but still I was sweating profusely as we sunk lower and lower down into the depths.

But the sights soon made me forget about my cowardice. The trip is well worth its cost of \$100. The undersea scenery is nothing short of spectacular, with an abundance of intricate reefs surrounded by fascinating sea critters. Gazing through my tiny viewport, I even spied a rather large and menacing reef shark swimming towards us.

That's around the time my fear of confined spaces was replaced with my other crushing phobia — sharks. Luckily, even sharks can't bite through submarines, so all was well.

After floating by an authentic shipwreck and amazing artificial reefs, I felt like it was plenty of adventure for the price as we made our way back to the surface.

Then it was time to partake in what has become a very trendy pastime in Hawaii these

days — something called paddle-boarding.

For days, I'd seen people everywhere standing on surfboards with long paddles, riding waves and having fun. It appeared to be fairly easy. Turns out it really isn't.

Who knew you needed actual balancing skills to tackle this fun sport? So with gorgeous Diamond Head as a backdrop and paddle in hand, I hopped on my board and promptly fell in the ocean, all in one motion. Repeated attempts produced the same results.

After 19 or so tries, I actually was able to balance on the wobbly board and paddle around for a bit before again plummeting into the drink.

Turns out this paddle-boarding thing is actually quite a workout. I found just falling and climbing back onto the board multiple times was exhausting.

But that's OK — it's all part of fun on the water in Honolulu. Aloha, baby!



The Pearl Harbor Memorial. ISTOCK

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Welcome to the wonderful world of the Disney Fantasy

Family-friendly cruising. New Disney ship isn't just for kids — with a spa and fine dining, parents are also in for a good time

AURÉLIE RESCH
life@metronews.ca

"Aaaaah!" is all I hear before I get splashed by a father and his son dropping down from a huge water slide. Clearly there's no shortage of screams and laughter aboard the new Disney cruise ship, Disney Fantasy. From "All aboard!" to "Are you ready?", your cruise will be action-packed, with plenty of activities and shows.

Action

Families and water-lovers will have a blast on decks 11 and 12 with water coasters, water sprouts, water games, two pools for children and one for adults. Get your thrills on the huge aerial slide. The AquaDuck is a one of kind — a 765-foot-long water coaster that spans four decks in height. A powerful stream of water propels guests on a little inflatable boat downhill, uphill and in various loops. Or if you feel like immersing yourself, have fun with the little ones in the shallow and warm Mickey Mouse pool. If you feel more like getting in a few laps, move to the Donald Duck pool where you'll be swimming pretty briskly to brave the cool waters. You might want to opt for the hot tub facing the ocean after that.

Rested yet? Be ready after a hearty meal and an evening of entertainment with live Disney productions on stage, and activities, fireworks and a dance party through the night on deck 11.

Indulgence

Now, if your idea of a cruise is quiet, indulgence and refinement, be Disney Fantasy's guest. If you came as a family, drop your children at Disney's Oceaneer Club, where

they will have a blast playing with other children and taking part in the hundreds of activities that are offered.

Once the kids are looked after, head to the Senses Spa and Salon for an ultimate pampering retreat. Enjoy an oasis of calm and let the rainforest saunas and water therapies relax your mind and muscles.

Soak in a jacuzzi on a private veranda facing the sea while waiting for your treatment. You can choose from a variety of signature massages and treatments that will surely erase any stress and fatigue left in your body and mind. If you'd like to be active, but without any Disney characters fooling around, you can head to the gym next to the spa and exercise while admiring the ocean through the huge glass panels. You can also go for a swim in the adults-only pool and enjoy a cocktail in the sunshine with friends at the bar.

Romance and elegance is what you will find at Remy. This upscale restaurant offers fine French cuisine in a stylish Art Nouveau setting with a softly-lit ambiance for a dinner to remember.

The view of the ocean through the windows is breathtaking and all in this restaurant is designed to please your senses and create an intimate vibe. Palo is another fine adult-exclusive restaurant you might want to try for a taste of northern Italian flair. Also located on deck 12, it offers the same superb panorama view of the sea and an equally elegant setting.

Bars and lounges abound on Disney Fantasy and it will be your call to choose between a quiet alcove for a chat over a coffee or a cheerful happy hour. The Tube nightclub offers partygoers the possibility to end the night shimmying on an illuminated dance floor.

A cruise for everybody

Come as a family, a couple, a group of friends or by yourself — aboard Disney's new ship, you're sure to find whatever you'd want to make your cruise memorable.

Facts and figures

The Disney Fantasy...

- **Weights.** About 130,000 gross tons
- **Stretches.** About 340 metres in length
- **Crosses.** The width of 37 metres
- **Carries.** A capacity of 4,000 passengers



All aboard the Disney Fantasy are guaranteed to find something to suit their tastes. PHOTOS: AURÉLIE RESCH



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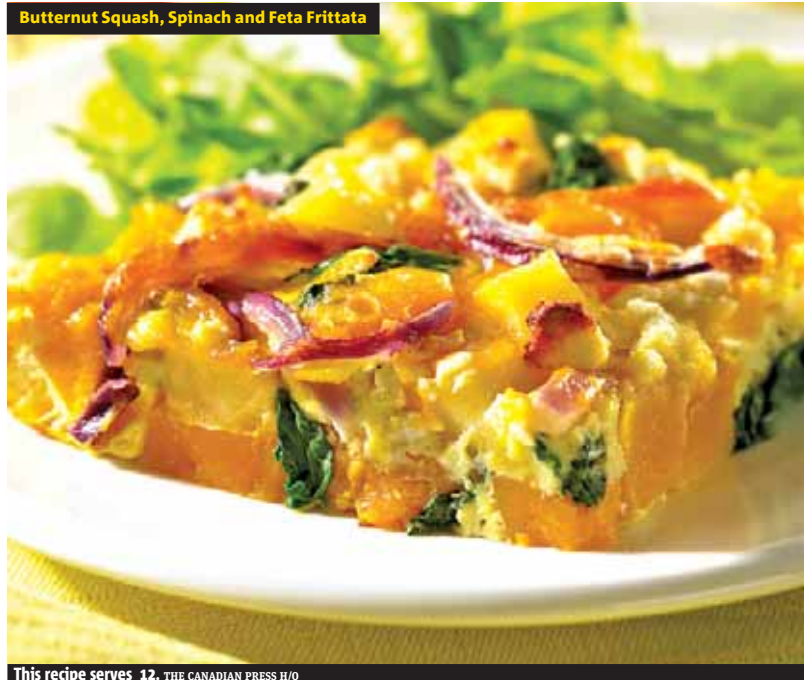
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To register and for full contest details visit clubmetro.com.
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Local ingredients shine in Butternut Squash, Spinach and Feta Frittata

Butternut Squash, Spinach and Feta Frittata



This recipe serves 12. THE CANADIAN PRESS H/O

"Butternut squash is a great local food for all of Canada," says Toronto-based Christy Brissette, a registered dietitian and spokesperson for Dietitians of Canada. "The frittata is full of beta-carotene. It's also a way to enjoy some greens and get some vegetables in there."

It can be served with a green salad or a steamed green vegetable such as peas, beans or edamame. For a protein boost, sprinkle the salad or vegetable with toasted nuts or seeds.

1. Grease 33-by-23-cm (13-by-9-inch) glass baking dish. Then place squash in microwave-safe bowl and cover with plastic

wrap, leaving a corner open to vent. Microwave on high for 5 minutes or until fork-tender. Drain off excess liquid. Stir in potatoes, spinach and red onion. Spread in baking dish.

2. In a bowl, whisk eggs, milk and pepper. Pour over veg and stir to distribute. Sprinkle evenly with cheddar and feta.

3. Bake in 200 C (400 F) oven 40 mins. or until eggs are set. **THE CANADIAN PRESS/COOK! BY THE DIETITIANS OF CANADA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 1 butternut squash (about 2 lb/1 kg), peeled and cubed (1 to 1.25 litres/4 to 5 cups)
- 375 ml (1 1/2 cups) peeled and cubed potatoes
- 1 pkg (300 g/10 oz) frozen chopped spinach, thawed and drained
- 175 ml (3/4 cup) thinly sliced

- red onion
- 8 eggs
- 125 ml (1/2 cup) 1% milk
- 1 mL (1/4 tsp) freshly ground black pepper
- 250 ml (1 cup) shredded cheddar cheese
- 125 ml (1/2 cup) crumbled feta cheese

Drink of the Week

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- 1oz SKYY vodka
- 3/4 oz cold espresso
- SKYY SPIRITS



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Book Review

Making the brand

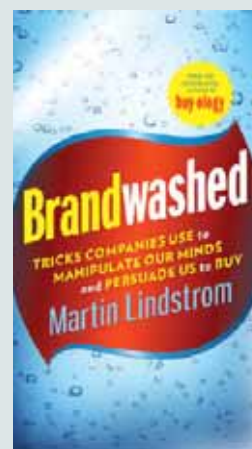


CRAIG LUND
Craig Lund
clund@marketingtalentinc.com
Twitter: @craiglund

Brandwashed
By Martin Lindstrom
Crown Business,
\$28.95, 260 pages

I recently attended The Art of Marketing conference in Toronto, an event series that showcases leading marketing minds and authors in a full day of inspiring story-telling. It was here that I came across Martin Lindstrom, a very well-known Danish brand marketing expert (LEGO enthusiast) and author of New York bestseller Buyology.

Lindstrom shared a few highlights from his most recent book Brandwashed, an exposé on the undercover tactics that brand marketers use to sell you everything and anything you likely don't actually need. As Lindstrom succinctly put it, "the full range of psychological tricks and schemes companies and their shrewd marketers and advertisers have concocted to prey on our most deeply



rooted fears, dreams, and desires, all in the service of persuading us to buy their brands and products."

As a marketer, this was not entirely surprising, but when you look at how subliminal some of these tactics are (womb marketing for example), it makes you think twice about where the line should be drawn. In the first chapter, Lindstrom discusses how we become primed as early as when we are still in the womb to 'buy.' Studies indicate that music and scents that an expectant mother is exposed to will impress upon the fetus. "Music is very powerful in producing fetal mem-

ories. When the mother frequently listens to music, the fetus will learn to recognize and prefer that same music compared to other music". Lindstrom gave the example of an Asian shopping mall chain that experimented with 'priming' expectant mothers using familiar scents such as Johnson & Johnson baby powder and cherry and played music from the era that these women were born. The hope was that this tactic would boost sales among this customer target... and it did, but more amazingly these same women reported that if their new born babies were fussing or crying "the moment they entered the mall, their babies calmed down."

Lindstrom's book dives into several of our primal emotions including sex, fear and desire, showcasing how sex sells Axe Deodorant to awkward teenage boys, and how fear sells home security systems to women. This book is a remarkable reflection of how sophisticated marketing has become, but at the same time makes you question why we have so much affinity for so many brands. Brand detox any one?

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC.

The staff at the Clay West Bar & Grill are committed to ensuring patrons have a great dining experience.



OPEN FOR BUSINESS

CLAY WEST BAR & GRILL WILL BE CELEBRATING ITS GRAND OPENING ON FRIDAY AND SATURDAY

Located at 120 Susie Lake Cres. (in the space that formerly housed Kokomo's) in the Bayers Lake Business Park, Clay West focuses on sourcing its ingredients locally.

"Wherever and whenever possible, we'll make the local choice," says owner Jim Bardos. "Customers are happy to know they are supporting local businesses."

Customers are also pleased with the fact most menu items are made from scratch, including the soups and pizza dough, while the burgers feature handmade patties using local, free-range beef.

"Our selection of burgers is something that people haven't had before," says chef Adam Todd. "There are a lot of great flavours in there."

Clay West offers six burgers, including the onion burger, which features an eight-ounce patty, topped with onion rings, caramelized onions and green onion mayo.

On weekdays, Clay West is open for lunch and dinner, while it also serves brunch on weekends.

Every day, a fresh soup of the day is offered, while Clay West's popular seafood chowder is avail-

able every day.

Thursday is Wing Night at Clay West. "With wings going for 49 cents, you should come early to get a good seat," says Bardos. "This place can fill up fast."

Clay West also has "Happy Hour" seven nights a week with half-price appetizers and drink specials starting at 8 p.m.

Comfortable and spacious, Clay West can seat about 150 people in the main dining area.

There is also a private room overlooking the main area which can seat up to 60 people depending

on the configuration.

Besides the great food, guests will be impressed with the fantastic serving staff.

"We go to great pains to try to find the right people for this business," says Bardos.

As a locally owned and operated establishment, Clay West is able to keep its prices down as it does not have to pay royalty or advertising fees to a head office like most franchised establishments do.

"We get that comment a lot, that people appreciate the value for the dollar," says Bardos.

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For its beverage offerings, the Clay West Bar & Grill offers traditional favourites, as well as local beers like Propeller and Garrison.

"We've got great natural ability to grow products. What we're trying to do here is highlight those things."

Located in the chain-restaurant dominated Bayers Lake Business Park, the locally owned and operated Clay West stands out for its commitment to local suppliers. For example, Clay West uses free range chicken and beef in its menu offerings.

On the drinks side, Clay West supports a number of Nova Scotia beverage providers.

"We support Nova Scotia wineries," says owner Jim Bardos, noting Clay West carries wines by Jost Vineyards and Gaspereau Vineyards.

The beer offerings reflect this local support as well, with selections from Propeller, Garrison and New Brunswick-based Moosehead.

By sourcing ingredients that are closer to home, it helps ensure the finished product tastes fresher and better. It also helps the environment,

as there is less distance travelled to get the ingredients from the supplier to the diner's plate.

"It puts less of a carbon footprint out there," says chef Adam Todd. "It involves thousands of miles less travel distance than getting the ingredients from South America or somewhere in the southern United States."

Todd says in today's tough economy, people are especially conscious of how and where they spend their money.

"Their dollar is much more valuable to them, so we want to give them something that is worth spending that dollar on," he says. "Knowing that it's going back to our farmers, producers and suppliers is what we want to be able to do."

Sourcing ingredients locally is a more time intensive process, but it's a move that is well worth it in the end.

"It puts you more in touch with your customers and their needs," says Todd.

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MAKING HIS MARK

Highly regarded as an up and comer on the local culinary scene, chef Adam Todd's passion, creativity and philosophy can be felt in the menu at the recently opened Clay West Bar & Grill.

Providing comfort food with a twist, Clay West offers traditional favourites made with a little extra inspiration.

"We want everybody to come in and feel comfortable, saying 'That is something I've had before, but it's a little different,'" says Todd. "I'm confident the dishes are all winners."

Take the Pulled Pork Poutine as an example.

"We cut our fries fresh every day, slow roast the pork for more than 13 hours, and our signature BBQ sauce is made in house. It's the extra love we put into the food that really makes the difference," says Todd. "That's a great seller. Everybody gives us great reviews on that."

On the dessert side, crème brûlée is a classic French dish, while a creamsicle is a refreshing summer treat. At Clay West, "we kind of smash them together and you get an orange creamsicle-flavoured crème brûlée," says Todd, noting that all of the desserts are made in house.

A Red Seal-certified chef, Todd graduated from the NSCC's Culinary Arts program in 2007. From there, he has worked with some of the top chefs in the business, including Ray Bear.

Todd is thrilled with the opportunity Clay West presents and he has lofty goals for the establishment. "We want to be the place to be in Bayers Lake and the city," he says.

One of the things Todd is particularly excited about is changing the menus to reflect what is available for ingredients in the local marketplace.

"Come the summer, I can't wait to be down at the farmers' markets," he says.

Todd says frequently changing the menus is a must.

"Menus should never be stagnant because that just means you're resting on your laurels," he says. "At Clay West, we're always going to be evolving and changing to meet the needs of our guests."

In Todd's eyes, not using local ingredients doesn't make any sense.

"To not use them is almost foolish," he says. "It would be not taking advantage of something that is right on our doorstep and grown in our soil."



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GOLF GUIDE

Wednesday, April 25, 2012

Join the approximate 120,000 Nova Scotians who enjoy the game of golf each year. ISTOCKPHOTO/THINKSTOCK

Brightwood Golf and Country Club provides a hilly challenge for golfers. CONTRIBUTED

Granite Springs is a challenging course located about 25 minutes away from Halifax. CONTRIBUTED

Getting back into the swing of things

It's been said that golf is a good walk spoiled, but that doesn't deter 120,000 Nova Scotians from playing the game every year. In the Halifax area, there

are many courses to challenge people's different skill levels and budgets. Here is a look at five of them, all of which are open for the season.

1 Airlane Golf Club — the sound of airplanes flying overhead is a normal occurrence at Airlane, which is located directly behind the Halifax Stanfield International Airport. Airlane is one of the few par-36 nine-hole courses located near Halifax. It offers reduced green fees Monday through Thursday (excluding holidays).

2 Brightwood Golf and Country Club — nestled within a residential neighbourhood in Dartmouth, Brightwood is a short, but hilly 18-hole course that offers great views of the Halifax Harbour and the city skyline. It is one of the better courses in the area and was designed

by legendary course designers Donald Ross and Willie Park Jr.

3 Briarwood Golf Club — located on the Herring Cove Road, Briarwood is an inexpensive 18-hole par-three course, which is a perfect place for beginners to hone their skills. An 18-hole green fee is \$25, while an all-day pass is \$30.

4 Granite Springs Golf Club — with its numerous ponds and granite outcroppings, Granite Springs is one of the finer courses in the Halifax area and has a beautiful cedar log clubhouse. The 18-hole course overlooks Shad Bay. From May 28 to Oct. 4, Granite Springs will offer an early bird special on Mondays through Thursdays, where green fees will only cost \$38 for pre-9 a.m. tee-offs.

List of local courses

- People looking for a one-stop list of golf courses in Nova Scotia should check out the Nova Scotia Golf Association's website, nsga.ns.ca, which features links to its member clubs, which make up the majority of courses in the province.

5 Hartlen Point Forces Golf Club — the ever-present howling wind defines one's golf experience at the 18-hole Eastern Passage course. Known as a course for military personnel, it also welcomes the general public. For current or past employees of the military and Department of National Defence, Hartlen Point offers discounted green fees. **RICHARD WOODBURY**

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GOLF CLUB



The social aspect is just one of the many benefits of heading out to a golf course for a round. INGRAM PUBLISHING/THINKSTOCK

Rules. Etiquette is just as important as your score

Regardless of ability or experience, all golfers are expected to follow the etiquette of the game: A series of (mostly) unwritten rules that govern behaviour.

Here's quick primer on golf course etiquette:

General

- Arrive early.
- Ensure you have enough balls, tees and clubs.
- Obey all dress codes (most courses do not allow T-shirts and cutoff shorts).
- Control your temper at all times (never throw clubs or shout obscenities).
- Be honest about your score: Count every stroke.

On The Tee

- Always allow the player with the lowest score on the previous hole to hit their tee shot first.
- Never stand ahead of the player about to hit.
- Remain totally silent and still while a player prepares to hit.

On The Fairway

- Always move to your ball as quickly as possible (as long as you don't interfere with another player's shot).
- If you suspect your ball may be difficult to find (e.g. out of bounds), let the rest of your group know that you will go look for your ball and will be ready to hit when it's your turn.
- A golfer should always be ready to play a shot when it's their turn. When you get to your ball, decide which club you will hit, then watch others hit until it's your turn.

On The Green

- Always wait for all golfers to hit balls onto the green before removing the flagstick.
 - To avoid damaging the surface, never drop the flagstick on the ground.
- By honouring golf's etiquette, you will earn the respect of your fellow players — regardless of how you score.

PETER DOYLE

The many benefits of golf

Not just a good walk spoiled. A day on the links tests physical and mental abilities

PETER DOYLE
For Metro

Golf is a unique sport — while it is incredibly difficult to master, it is remarkably easy to play at a beginner's level. And the physical, mental, social and professional benefits of golf are accessible to anyone, regardless of ability.

Physical

Golf can be good exercise, par-

ticularly for players who carry their clubs through a round of 18 holes. Even the best golfers will walk five to seven kilometres during a round; beginners with poor aim can expect to walk much more. And given that many courses feature rolling hills, golfers who carry their clubs for 18 holes typically burn more than 400 calories per round.

Golf's swinging motion helps tone the arms, back and shoulders, and increases flexibility and range of motion. Golf can also improve hand-eye co-ordination and balance. As a sport for people of all ages, golf is a great way to get seniors active and to encourage children to take up a lifelong, healthy habit.

Mental

Golf's challenges are as much mental as physical; players must repeatedly focus their attention on striking a ball with a club — a feat that appears relatively easy, but is actually quite difficult. Mastering the ability to concentrate on a single task, particularly in our modern, multi-tasking, hyper-connected era, is extremely beneficial because it carries over into so many other aspects of life. The ability to focus on future opportunities while letting go of recent failures is another valuable mental skill.

Getting out in the great outdoors can be a welcome tonic. For many players, golf relieves stress and serves as

an escape from the doldrums of day-to-day life. Research has shown that playing golf releases endorphins — powerful, mood-enhancing hormones — that improve mood and attitude.

Social and professional

Golf can also benefit your social life and professional status. The five hours or more it takes to play 18 holes leaves lots of time for conversation. And most courses stage regular social events, such as tournaments and league nights, that will enable you to play with golfers you don't know. On the professional side, golf has long been associated with forming new business partnerships and closing deals.

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5 keys to a great swing

BRIAN
KENDALL
For Metro

Balance

Canadian golf legend George Knudson liked to compare the ideal golf swing to the elegance and perfect balance of a ballet performance by Mikhail Baryshnikov. Many weekend golfers hit consistently poor shots because they lose their balance trying to emulate the rapid-fire swings of PGA Tour stars. Almost all would benefit by slowing things down and playing within their abilities. The goal is to swing with the same smooth rhythm on all shots with all clubs, from driver to putter.

One-Piece Takeaway

The first few inches of the backswing usually determine how effective a shot will be. A low one-piece takeaway — rather than an almost immediate lifting of the club — widens the swing arc, maximizes distance, and improves accuracy. Try to think of the club shaft as a continuation of your lead arm. Hands, arms and the club move smoothly back together as the body begins its natural turn in the backswing.



Amateur golfers should try to slow their swings down and play within their abilities. ISTOCKPHOTO/THINKSTOCK

A Compact Swing

Emulating long-hitting John Daly, high handicappers often take their club well past parallel at the top of the backswing in an attempt to maximize distance. But a shorter and more controlled backswing is far more likely to find the fairway and lead to lower scores. The easiest way to develop a compact swing is by keeping your elbows consistently tight to your body from address to finish. Flailing elbows inevitably lead to sloppy and inconsistent shots.

Stay On Target

Even scratch golfers will occasionally watch mystified as their shots stray off-line. One great way to improve accuracy is by consciously extending the club head down the target line for an instant longer following impact. Extending the impact zone will automatically lead to a full extension on the follow-through and a nice, high finish.

Hold Your Finish

Knudson, one of the premier ball-strikers of his genera-

tion, spent more than a year learning to emulate the perfectly balanced finishing position of his hero Ben Hogan.

A smooth finish improves your chances of making a great shot and is the natural conclusion of a successfully executed golf swing. Practise by holding your finishing position until your shots have landed and stopped bouncing. This will force you to finish every swing in perfect balance — just like the pros.

BRIAN KENDALL IS AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.

4 steps to better golf

1 Make your mind your best club. Golf demands an equal mix of physical ability and mental focus. To enjoy the game, a player must learn to let go of negative thoughts and approach each shot as a fresh opportunity. A consistent pre-shot routine is essential to mental focus. Once you develop a routine, follow it every time. Visualize each shot — see the ball's flight in your mind's eye. Eliminate negative thoughts, particularly once you begin your swing. If negative thoughts enter your mind, walk away from the shot and start your routine over again.

2 Be a swinger, not a hitter.

Hitters tend to use their arms to power the club, while swingers rely on their hips and core. In general, swingers tend to have an easier time of it. Hitters often struggle to hit with just the right amount of force every time. Balance is also an issue — if you have to move your feet during or immediately after a shot, you are not balanced. Use a relaxed grip and swing the club as effortlessly as possible.

3 Swing from your hips: The best golfers use their core: Once they have completed their backswing, their hip muscles initiate the swing. A common misconception is that the harder you swing, the further the ball will travel. In fact, the opposite is true; consistent distance has more to do with balance and alignment than it does with muscle power.

4 Practise like you play: Most people at the driving range hit drive after drive after drive — something they will never do on a real course. Your game will benefit much more if you start with a good warm-up and then hit a mix of different shots. Play pretend holes of various distances. Pick a spot on the range and drive for that spot; if you come up short, add that yardage to your next shot. This way, you might end up hitting a drive, followed by an approach and a pitch or chip shot. If you mis-hit a shot, you will have to recover by hitting another one — much as you would on an actual course.

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ISTOCKPHOTO/THINKSTOCK

BRIAN KENDALL
For Metro

Golf is even more a mental than physical game. Just as in chess, it's vitally important to think two or three shots ahead. The fewer mental errors you make, the lower your score.

It's not rocket science. If you consistently spray shots with your driver, then on tight holes reach for a three-wood, five-wood or another club that will keep you on the fairway. Hate playing out of sand? Then always try to play away from bunkers. Can't chip to save your life? Better to use a putter whenever possible from off the green.

And, yet, most weekend golfers consistently throw away shots by trying to emulate the herculean efforts of PGA pros. But it's far better to accept your limitations. Don't even think of trying a shot you realistically know you have less than a 50 per cent chance of making.

Follow this sensible formula and you will be amazed by how quickly your handicap shrinks. Golfers now shooting around 90 on average can clear-think their way into the low 80s — and maybe even oc-



STOCKBYTE/THINKSTOCK

asionally sneak into the high 70s. The key is to turn double-bogeys into bogeys and avoid blow-up holes by setting out to play every hole with a common sense plan.

Say, for instance, you are on the tee of a difficult 440-yard par 4. It's not likely you will be able to reach the green in two shots. So why try?

Better to play a smooth three-wood out to the middle of the fairway, and then hit your second shot with whatever club will get you to 80 yards — or so — from the green. All you have to do now




ISTOCKPHOTO/THINKSTOCK

is pitch the ball somewhere safely on the green and two-putt for a bogey. You might even sink the putt for par.

Remember, the correct shot is always the one most likely to give you the best results. Keep

the ball in play and the double-bogeys and blow-up holes will quickly disappear from your scorecard.


BRIAN KENDALL IS THE AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.




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4

SPORTS

Quoted

"For them to judge what knocks you down, they don't know your balance or whatnot on the play. They're sitting at home watching on TV. I don't really care what they say. They have no impact on my game, my life. They mean nothing.... I just got caught off guard, and I wasn't really ready. I got hit in the mouth, and by the time I got up and I was getting back, they scored."

Hammonds Plains native Brad Marchand of the Boston Bruins, on being accused of being a diver.



Rimouski Oceanic defenceman Etienne Boutet and Mooseheads forward Alexandre Grenier trade shots during the second period of Tuesday's QMJHL playoff game at Colisee Rimouski. RYAN TAPLIN/METRO

Frk lifts Mooseheads to road win over Oceanic

QMJHL semifinal.

Mooseheads cut series deficit to 2-1 and will play Games 4 and 5 in Rimouski on Wednesday and Friday



MATTHEW WUEST

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Thanks to a slump-busting goal by Martin Frk, the Halifax Mooseheads won't need another history-making comeback to get past the Rimouski Oceanic.

The Mooseheads defeated the Oceanic 4-3 in front of an unwelcoming crowd of 4,725 at Colisee Rimouski on Tuesday night to cut their deficit to 2-1 in the QMJHL best-of-seven semifinal and force two more games in Rimouski on Wednesday and Friday.

Frk ended a nine-game goal-less drought with 1:22 remaining in the second period to snap a 3-3 tie.

"We didn't want to go down 3-0 — that's just playing with fire and we didn't want to do that," said defenceman Steve Gillard,

whose Mooseheads pulled off one of just four 3-0 series comebacks in QMJHL history in the quarter-finals.

"It's huge, especially coming into their barn, and setting the tone that way. We showed a lot of composure and a lot of character."

On a two-man power play, the 18-year-old Frk drove home a cannon of a one-timer from just inside the blue-line that goalie Carl Hozjan might have nightmares about. It was a big goal for a team that has relied perhaps too heavily on the trio of Nathan MacKinnon, Jonathan Drouin

and Cameron Critchlow for its offence.

"He's got a great shot — obviously — and just to get that confidence going, you're going to see him get better and better each game," Gillard said. "It's great to see that from guys like him and hopefully it continues."

Goals from unexpected sources also came earlier in the game, with defenceman Brendan Duke and Brent Andrews finding the net in the first period.

"I wouldn't call it secondary scoring — I'd call it depth, and our depth really stepped up tonight,"

MacKinnon said.

Perhaps of most importance, the Mooseheads made the 4-3 lead Frk gave them stick. They'd allowed six leads to slip away in the previous five periods, including 1-0 and 3-1 edges in the first and second periods.

Oceanic fans were absolutely livid with referees Marc Muylaert and Eric Charon, at one point standing and booing over a perceived blown call. But Oceanic head coach Serge Beausoleil had nothing negative to say about the officiating and wasn't making any excuses.

"We stole the second game in Halifax and the same thing today; I think the Moose deserved to win the game," he said. "We have to admit that both teams are good. We predicted a long series and that's what we have."

Quoted

"Every game in the playoffs someone different can step up for you, and a lot of guys stepped up tonight."

Mooseheads defenceman Steve Gillard

Franchise milestones

MacKinnon sets points record

Nathan MacKinnon continues to chart new territory in the QMJHL playoffs.

After setting the Halifax Mooseheads franchise record for playoff goals on the weekend, the Cole Harbour sensation had two assists on Tuesday night to blow past Jakub Voracek's rookie playoff scoring record with his 25th point. Voracek set the mark at 17 in 2006-07.

"I had no idea," MacKinnon said afterward. "Breaking the record's just a bonus on top of the win."

MacKinnon needs two more points to match the franchise single-season playoff scoring record of 27 points. **MATTHEW WUEST/METRO**



Nathan MacKinnon
RYAN TAPLIN/METRO

Moose facts

- **Mooseheads winger Luca Ciampini** sat out with an upper-body injury on Tuesday.
- He joined **Brad Cuzner**, another player with an upper-body injury, on the sidelines. Mooseheads head coach Dominique Ducharme doesn't expect Ciampini back on Wednesday.
- **Defenceman Austyn**

Hardie left the game in the second period and didn't return. The team is calling it a lower-body injury. Ducharme said Hardie could return to the lineup on Wednesday.

- **Jonathan Drouin** was the only Mooseheads player to crack the three-star selections. He took second-star honours, sandwiched by Petr Straka and Scott Oke of Rimouski.

On the web

For more coverage of the Halifax Mooseheads, and for a photo gallery from Tuesday night's Game 3 of the QMJHL semifinal from Rimouski, Que., visit metronews.ca. Follow @metroqfiles on Twitter for live updates from Wednesday night's Game 4.

Crosby focused on health rather than Team Canada

NHL. Cole Harbour star will sit out world hockey championships 'to get ready for next year' after dealing with concussion problems

Sidney Crosby is strongly defending his decision to not play for Canada in the upcoming world hockey championship, saying he needs to go through the full summer of preparation he missed because of a concussion last year.

While Pittsburgh Penguins teammate Evgeni Malkin will play for Russia — "Really, I don't have a choice," Malkin said — Crosby declined on Tuesday an invitation to play for Team Canada in Helsinki and Stockholm from May 4-20.

"Typically, I'd be there in

Quoted



"Anyone who is questioning that right now

obviously doesn't know me or aren't thinking right."

Sidney Crosby on those who question his willingness to play for Team Canada.

a second, but this isn't a normal situation and this isn't me trying to hide away from the world championships," said Crosby. "I love playing for Team Canada."

Crosby was surprised to hear that some Canadians are upset with his decision. He last played for his homeland in the 2010 Vancouver Olympics, when he scored the overtime goal that car-

ried Canada past the United States in the gold-medal game.

But because he has missed so much playing time to concussion-related issues over the last two seasons — 101 games, plus the 2011 playoffs — Crosby said it is very important for him to have a healthy, regular summer of preparation. He has not played a full NHL season since 2009-10.

"I feel pretty good. (But) the last year and a half has been tough," Crosby said. "It's been tough to stay healthy. I think the best thing to do is to give myself a full summer to get ready for next year and have a full season."

Crosby, widely considered to be hockey's premier player at the time, was leading the NHL scoring race with 66 points in 41 games when he sustained a season-ending concussion in January 2011.

THE CANADIAN PRESS



Devils take Panthers to 7

Devils forward Travis Zajac celebrates after scoring the game-winning goal in overtime against the Florida Panthers in Game 6 of their first-round series on Tuesday in New Jersey. The Devils' 3-2 win sends the series back to Sunrise, Fla. for Game 7 on Thursday. BRUCE BENNETT/GETTY IMAGES

NHL

Luongo willing to walk away from no-trade clause

Roberto Luongo said on Tuesday that he will waive his no-trade clause if the Vancouver Canucks ask him to this off-season.

Luongo made the comments as the Canucks cleaned out their lockers following Sunday's early elimination from the Stanley Cup playoffs by the Los Angeles Kings.

"It's going to be what's best for the team," said Luongo. "Whatever scenario that is, I'm OK with it. Whether that involves me being here or not is OK."

Luongo watched from the bench as Cory Schneider replaced him in net for the final three games against the Kings.

THE CANADIAN PRESS



Roberto Luongo meets with reporters in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

Jays' streak ends in Baltimore



Blue Jays left fielder Eric Thames attempts to catch a home run by Matt Wieters in Baltimore on Tuesday. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Long after the game ended, Eric Thames was staring into his locker. His head was lowered, and he couldn't bring himself to peel off any part of his uniform except for his jersey.

He didn't care that his long home run accounted for all of Toronto's offence Tuesday night in a 2-1 loss to the Baltimore Orioles. What mattered was that he had a chance to catch a drive to left field by Matt Wieters and couldn't bring the ball down.

With the score tied 1-1 in the fourth inning, Wieters hit an opposite-field liner that Thames tracked on the run. As he leaped to make the catch, his upper body hit the wall and the ball bounced off his glove and into the stands.

"I was at the top of the wall and I reached up to catch it and it was off my glove and into the seats. It's as simple as that," Thames said. "It all happened so fast. In my glove. I heard the

Tuesday's game

2

Orioles

1

Jays

crowd and I looked up saw it was in the seats. Of course, intense anger."

It turned out to be the last run in a pitching duel between Baltimore's Tommy Hunter and Toronto's Henderson Alvarez.

Hunter (2-1) allowed one run, three hits and three walks in six innings. The only runner to get past first base against the right-hander was Thames.

Alvarez (0-2) took the loss despite allowing five hits over seven innings.

"He pitched exceptionally well. He did his job," Toronto manager John Farrell said.

THE ASSOCIATED PRESS

MLB

Beckett, Ortiz get it done for Red Sox

Josh Beckett had five strikeouts and one confrontation with an umpire in six sharp innings and David Ortiz homered with three RBIs to lead the Boston Red Sox to an 11-2 romp over the Minne-



David Ortiz hits an RBI single on Tuesday in Minneapolis. HANNAH FOSLIEN/GETTY IMAGES

sota Twins on Tuesday night. THE ASSOCIATED PRESS

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NASCAR driver Jimmie Johnson is ranked by Forbes as America's most influential athlete a second straight year. New York Jets QB Tim Tebow is ranked second.

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New hybrid compact a big draw



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MALCOLM GUNN

Wheelbase Media

The most popular gasoline-electric hybrid brand around is now a lineup unto itself and the all-new Toyota Prius c is the smallest and least expensive of the bunch.

With fuel costs soaring, it's likely that hybrid demand will accelerate in spite of a continued price gap compared to gasoline-only vehicles. That's good news for Toyota's four-model Prius line and especially good news for the new Prius c (c is for compact).

Although small in stature — 48 centimetres shorter and about five centimetres narrower than the current Prius hatchback — the Prius c comes up big in minimizing fuel consumption, registering 3.5 l/100

km in the city and 4.0 highway. By comparison, the regular Prius's numbers are 3.7/4.0. The combined city/highway number for both is nearly identical at 3.7 for the c and 3.8 for the Prius.

So exactly what advantage does the smaller Prius c hold over its equally thrifty namesake? Actually, there are about 5,000 of them, which is the difference in dollars that distinguish the two Toyotas. The c's on-the-road base tariff is \$22,550, placing it well within reach for many buyers and, for example, is only about \$5,500 pricier than a Toyota Corolla and actually \$1,000 cheaper than the Honda Insight hybrid.

With the Prius c's launch — as well as the launch of the plug-in model and the larger v wagon — Toyota is showing its continuing dominance in the hybrid category by stretching the brand to fit a broader audience. The c is the first, however, to truly challenge entry-level gas-only models on their own turf — which is price point — while providing significantly better economy.



If you concede that the regular Prius and the smaller c consume about the same fuel, then why does the c cost so much less? You actually get less — less space and less power.



The Prius c dash layout is pitched to the right of the driver, although not really for functional or aesthetic reasons.

By comparison



1 Honda CR-Z
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2 Honda Insight
Base price: \$23,500



3 Kia Rio 5-Door
Base price: \$15,600

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The SRT Viper's V-10 engine produces 640 horsepower. CONTRIBUTED



SRT Viper is the testosterone in Chrysler's comeback

Autopilot



AUTO PILOT
Mike Goetz
drive@metronews.ca

Chrysler was actually thinking at one point of not making another Viper.

I guess you can't really blame them. After all, when you're trying to revive a full-line car company that's on life support, diverting precious resources into a super-

car program would seem a tad irrational to anybody. Like blowing rent money on tattoos.

But just as people sometimes have to be cruel to be kind, automakers sometimes have to be irrational to be rational.

"It shows we still have a soul at Chrysler," is how Ralph Gilles put it, when he unveiled the new Viper for the first time, earlier this month at the New York International Auto Show.

Gilles, who heads up design at Chrysler, as well as the SRT division, also related how a fellow executive, Dan Knott, reacted when the company's management team finally green-lighted the Viper comeback at a fateful team meeting.

"(Dan) leaned into the microphone and said, 'Today we're a car company again.'"

The subtext is that car companies need to build some cars just for the hell of it, to show what they're capable of and to prove to the world that they totally understand the irrational element that's lurking somewhere in every vehicle purchase.

The importance of this type of car hit home again for me this week at Toys "R" Us. At the press unveiling in New York, SRT handed out cool press kits to the scribes, but also a Hot Wheels version of the new SRT Viper.

It reminded me that a few Hot Wheels would be a great present for my niece's newest offspring (you can never start car culture too early).

As you can imagine, there was a lot of Hot Wheels merchandise, but not many minivans or crossovers.

This got me thinking: as a business plan for ensuring future brand recognition and support, you could do worse than coming up with a vehicle worthy of being rendered in Hot Wheels.

I guess the other justification for making supercars is in developing future technologies.

The Viper's re-worked V-10 engine, now good for 640 horsepower and 600 lb-ft of torque, is no poster boy for miserly fuel consumption. But Viper's newer and slimmer body is definitely a friend to fuel efficiency. The hood, roof and rear deck are all constructed of carbon fiber, and help make this Viper about 100 pounds lighter than the previous body — and stiffer too. The available "Track Pack" loses another 57 pounds.

With more power and less weight, the 2013 Viper registers in at only 4.91 pounds per horsepower — a figure lower than Porsche 911 Turbo (6.22), Corvette ZR1 (5.01), and Lamborghini Aventador (4.96) and only bettered by the Bugatti Veyron (4.10) and Ferrari F12 (4.70).

But who's counting?

Viper highlights

- 640 hp/600 lb-ft of torque.
- Estimated top speed — a lot!
- Carbon fibre hood and roof.
- Launch Control.
- Info Screen can chart lap times.



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More Power, Less Fuel, Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG or greater claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional details. Wise customers read the fine print. * 1. \$ The Canada's Fastest Growing Automaker Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after April 3, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. ** \$19,995 Purchase Price applies to 2012 Dodge Journey SE Plus (22G+XBN) only and includes \$2,000 Consumer Cash Discount. See participating retailers for complete details. Pricing excludes freight (\$1,400-\$1,500), licence, insurance, registration, any retailer administration fees, other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. *Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. Example: 2012 Dodge Journey SE Plus (22G+XBN) with a Purchase Price of \$19,995 (including applicable Consumer Cash Discount) financed at 4.99% over 96 months with \$0 down payment, equals 2012 bi-weekly payments of \$117 with a cost of borrowing of \$4,297 and a total obligation of \$24,291.83. Pricing excludes freight (\$1,400-\$1,500), licence, insurance, registration, any retailer administration fees, other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. **Based on Year-to-Date Oct. 2011 versus Year-to-Date Oct. 2010 R. L. Polk Canada, Inc. Canadian National Total NVR Market Share excludes freight (\$1,400-\$1,500), licence, insurance, registration, any retailer administration fees, other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. **Based on R. L. Polk Canada, Inc. January to October 2011 Canadian Total New Vehicle Registration data for Chrysler Crossover segments. **Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary and volume gains data by brand. **Based on R. L. Polk Canada, Inc. January to October 2011 Canadian Total New Vehicle Registration data for Chrysler Crossover segments. **Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Journey Canada Value Package & SE Plus - Hwy: 7.5 L/100 km and City: 10.8 L/100 km, 2012 Dodge Journey SXT - Hwy: 7.8 L/100 km and City: 12.6 L/100 km, *SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. **Jeep is a registered trademark of Chrysler Group LLC.

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2012 Dodge Journey SXT shown.¹

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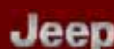
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Lost in thought? Your driving will get worse

Driving Force.

Whether you're 20 or 60, daydreaming while on the road is hazardous, study confirms

JILL
MCINTOSH
Drive@metronews.ca

Drivers who are distracted by their cellphones or text messages are hazardous, but even being deep in thought can affect how people act behind the wheel, according to the Massachusetts Institute of Technology (MIT). If you're daydreaming, you're less likely to scan the road ahead of you for hazards.

"The act of thinking impacts what we're doing," says Bryan Reimer, a research scientist at the MIT AgeLab.

"The brain is a very fancy computer, but it's a single processor. We do task switching, back and forth between two tasks. We'd like to be like a multi-core processor, but we're not."

The study determined

Tuning out

- While a stereo can be distracting, especially if it's too loud, drivers tend to "tune out" the music when something on the road demands their attention.
- Good drivers constantly scan ahead, including sidewalks and cross-streets, looking for potential hazards.

that the deeper in thought a driver is, the less he focuses on his surroundings. To test the theory, drivers were sent out on a route. They had to listen to a recording of someone reading numbers and then perform three separate tasks: repeat the number they'd just heard, repeat one number back, and then repeat the second number back.

"There was no computation involved, just memory," Reimer says. "The two-back demand was about as difficult a task as you'd be willing to give an individual when they're driving."

Previous studies looked

at whether drivers were distracted or not, but Reimer says this is too simple. Instead, there are levels of cognitive demand and their effects are distinguishable.

Somewhat surprisingly, age didn't make a difference. The level of distraction caused by trying to remember the numbers was the same in those in their 20s and in their 60s.

While some people think a phone call isn't any more distracting than a passenger, Reimer disagrees.

"If the light turns red, the person you're talking to (on the phone) keeps talking," he says. A passenger sees the red light and changes the pace of the conversation, which can lead the driver to pay more attention.

Drivers lost in thought or on the phone tend to drive straight, but their reaction time is slower.

"You drive straighter because your eyes are tuned forward, but you're scanning less," Reimer says.

"You also drive slower and change lanes less frequently. You're compensating for that increased demand."



The scary thing here is that this daydreamer is behind the wheel. iStock

Sharability



easy

hard

Top Gear



Racked over economy

Who wants to waste fuel? If you're planning to install or replace the roof rack on your vehicle, you might want to check out the new wind-tunnel-tested Whispbar series from Yakima. The company states that these racks have been specifically designed by a former Rolls-Royce aircraft engineer to cut down on wind noise, aerodynamic drag and vibration. And that apparently helps fuel efficiency (every little bit helps). As an added bonus, they also happen to look good. There are four different styles of Whispbar, depending on your needs and vehicle type, with prices ranging from \$450 to \$550 US (including security locks). Get the full story on the Whispbar and where-to-buy info at yakima.com/learn/whispbar.

Top Gear



What smell?

The baby just burped up lunch on the seat, the kids you picked up after ball practice left their smelly team jerseys and socks on the floor and Uncle Harry's cigar extinguished itself in your ashtray. Your vehicle is not a pleasant place. You need help, but the last thing you want is some cheap thing hanging from the mirror that smells worse than the odours you want to eliminate. Well, the people who make Febreze for households have now added Febreze Auto. The manufacturer claims its "low-scent, maximum-strength" product works on fabric seat covers, carpeted floors and even upholstered infant carriers, but not on anything leather or vinyl. Febreze Auto sells for about \$6 and is available at most grocery or department stores, including Walmart. For more info go to febreze.com.

Top Gear



Floored by leather

You don't want to install just any set of floor mats inside your expensive vehicle or classic car. Not when there's a wide assortment of genuine leather mats available from Inpelle Auto Accessories. The company currently makes seat coverings for BMW, Porsche and Audi and now offers custom-fitted floor mats for a variety of makes as well. The leather used in Inpelle products is claimed to have a special weatherproof finish that resists all sorts of dirt and grime. They also install just like original-equipment mats so they won't slip. There are four colours and two different styles to choose from with each set (front and rear) selling for \$240 US (\$185 US for the cargo liner) and can be ordered at inpelleautoaccessories.com. **WHEELBASE**



Straight out the hood

Two men remove parts from a wrecked car in a vehicle scrapyard on the outskirts of Madrid last week. Car sales in Europe this year are forecast to decline by nearly five per cent to 12.9 million units, according to the Center for Automotive Research, down from 15.7 million in 2000. European auto demand has dried up as consumer confidence buckles under the pressure of government austerity measures, rising and persistent unemployment and the deepening of southern Europe's recession. Spain is expected to enter its second recession in three years this quarter, with the country's central bank forecasting its economy will contract 1.7 per cent this year. PAUL WHITE/THE ASSOCIATED PRESS

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Crossword

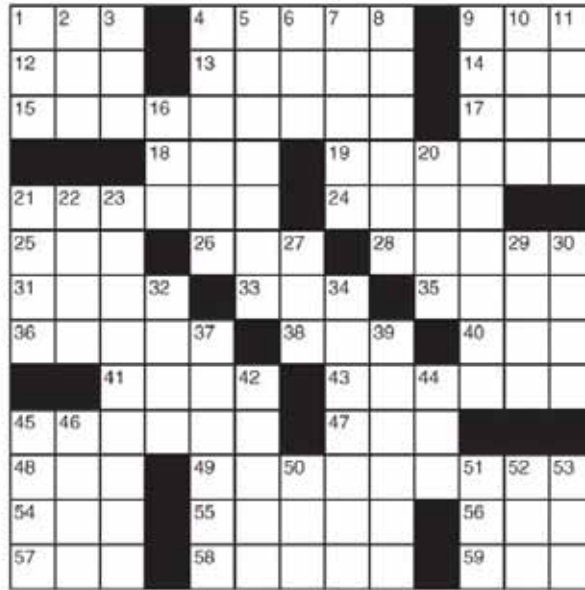
Across

- 1 Triangle part
- 4 Walked the floor
- 9 Scatter seed
- 12 Bullring bravo
- 13 Earlier on the page
- 14 Swiss canton
- 15 Energetic determination
- 17 Snooze
- 18 Canal zone?
- 19 Drawing for a prize
- 21 Choose
- 24 Cash drawer
- 25 Carte lead-in
- 26 Desire
- 28 Detroit football team
- 31 Deviates off course
- 33 Society newcomer
- 35 Foolish bloke
- 36 Cancel
- 38 Lubricant
- 40 Old French coin
- 41 Anthropologist Margaret
- 43 Swerved
- 45 Inclement
- 47 With 16-Down, "Brokeback Mountain" director
- 48 Legislation
- 49 Quasimodo's place
- 54 Gorilla
- 55 Herded
- 56 Range

- 57 Apiece
- 58 Skiers' mecca
- 59 Joke

Down

- 1 Depressed
- 2 Inventor Whitney
- 3 Solidify
- 4 Pontiff's term of office
- 5 Scrubbed a launch
- 6 Intimidate
- 7 Chris of tennis fame
- 8 Throw off track
- 9 Kansas emblem
- 10 Exam format
- 11 Clean the slate
- 16 See 47-Across
- 20 Go like a butterfly
- 21 "I — Little Prayer"
- 22 Verve
- 23 Groundskeeper's machine
- 27 Ultra-modernist
- 29 Pleasant
- 30 Poker variety
- 32 Litigant
- 34 Clam or oyster
- 37 Greek consonant
- 39 Meager
- 42 Color workers
- 44 Freudian topic
- 45 Rebuff a masher
- 46 Recording



- 50 Prune
- 51 Peruke
- 52 Mound stat

53 — U.S. Pat. Off.

Sudoku



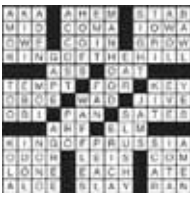
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	1	3	0	2	4	7	9	6
7	8	9	3	1	5	4	6	2
6	2	4	8	7	9	3	5	1
3	4	1	2	8	6	5	7	9
8	7	5	9	3	1	2	4	6
9	6	2	5	4	7	8	1	3
1	3	6	4	5	2	8	9	7
2	5	7	1	9	8	6	3	4
4	9	8	7	6	3	1	2	5

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

APNMBR U ZNSOZ CNNI
UCNMD ANST AMJTG-JNDTHD
CUIOHQ ADMYY QTD DDBTR
"DPT YUHDUADOZ YBNMG"?
Yesterday's Cryptoquip: A RESTAURANT, FEELING LIKE IT DIDN'T CHARGE ENOUGH FOR FILLETS, DECIDED TO RAISE THE STEAKS.
Today's Cryptoquip Clue: D equals T



For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Thursday

12°/5°
Showers
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Horoscope

♈ Aries | March 21 - April 20.

You can make things happen today through sheer force of personality. There is no such word as "can't" in your vocabulary.

♉ Taurus | April 21 - May 21.

Sometimes in life, you have no choice but to sit back and wait it out. This is one of those occasions.

♊ Gemini | May 22 - June 20.

Whatever you do on the spur of the moment today will work out well — or at least do no lasting damage.

♋ Cancer | June 21 - July 22.

Sometimes you can be a bit too cautious for your own good, which means you don't always achieve what you should.

♌ Leo | July 23 - Aug. 22.

With mind planet Mercury at odds with Pluto today confidence alone won't take you far. Plan ahead.

♍ Virgo | Aug. 23 - Sept. 22.

A rival may have more talent than you but you possess something infinitely more important: staying power. Keep that in mind.

♎ Libra | Sept. 23 - Oct. 22.

You need to free yourself of something that is holding you back. Be ruthless and don't let friends and family members talk you out of it.

♏ Scorpio | Oct. 23 - Nov. 21.

You don't need permission to think, speak or act. Stand up for yourself and your beliefs!

♐ Sagittarius | Nov. 22 - Dec. 21.

It'd be a mistake to do anything strenuous over the next 24 hours.

♑ Capricorn | Dec. 22 - Jan. 20.

Don't be afraid to explore new experiences. The Sun in Taurus at this time of year makes you incredibly adventurous.

♒ Aquarius | Jan. 21 - Feb. 18.

The more you try to move in a certain direction, the more events conspire to block your progress. Take the hint and hold back for a while.

♓ Pisces | Feb. 19 - March 20.

Something will happen today that throws your plans into disarray. It's all good. **SALLY BROMPTON**



Caption Contest

"What did you say about my mama?!"
Danielle

FRANK AUGSTEIN/THE ASSOCIATED PRESS

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